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Introducing Lisbon's British Consul

Earlier this week **The Portugal News** spoke to the newly-appointed British Consul in Lisbon to discover more of the man and get an insight as to what happens behind the scenes at the consular services operations in the capital. (See Pages 2 and 3)

Silves prepares for change

Silves Mayor Isabel Soares has now been in power for a decade. Currently in full swing of her third term, Silves has changed extensively under her guidance, but following this interview, it seems the biggest changes are yet to come. (See Page 4)

Coca-Cola seized at supermarket for being too cheap

Some Intermarché supermarkets have lost their stock of Coca-Cola after they were 'caught' selling cans at below cost price. In a national operation all cans marked at the low price were confiscated by ASAE health and safety inspectors. (See Page 72)

Road deaths down

According to latest official figures, the number of people killed in road related accidents has fallen by around 20 per cent in the first two months of 2008, when compared with the same period in 2007. (See Page 72)

Seven day weather outlook

Lisbon: Temperatures will rise again as the weekend starts and will vary between 17° and 19°, while evenings will be milder than they have been of late. **Faro:** While most days next week will be partly cloudy, spring will be in the air with temperatures around 21° during the next seven days. In **Oporto**, rain will dominate much of the next seven days. Thermometers will sit between 14° and 17° in the coming week.



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Two thousand new police officers to be appointed as gun crimes leave Portuguese feeling increasingly unsafe

CRACKDOWN ON CRIME

Following a spate of tragic shootings the past week, the government has been forced into taking swift action. Around two thousand police officers will be trained to counter the growing sense of insecurity among citizens while simultaneously looking to reduce violent crime. This revelation came as police appear to have upped preventative actions against gun crimes, with a number of arrests made the past few days of what appear to have been weapons traffickers.

Crime, see page 32



PSP police officers seen here at a recent ceremony held to celebrate the 140th anniversary of the Oporto Metropolitan Police. (Photo: Lusa/Estela Silva)

Introducing the new British Consul in Lisbon



Earlier this week **The Portugal News** spoke to the newly-appointed British Consul in Lisbon to discover more of the man and get an insight as to what happens behind the scenes at the consular services operations in the capital.

Mark Crathorne, by his own admission, is among the first of a new breed employed to represent the interests of Britain abroad.

While he has limited experience in the diplomatic field, this is more than compensated for with the wealth of knowledge he

has obtained as a businessman in Portugal the past two decades. Besides, the foreign and commonwealth office appeared to be looking for someone with Mr Crathorne's profile.

Appointed as Consul at the beginning of the year, Mark Crathorne exudes enthusiasm

over his new role, which he terms the "pinnacle" of his career.

On a guided tour through the consular service section located within the British Embassy, the Consul was unable to conceal his pride as he introduced each member of the consular service and their specific functions.

But with no political experience, how does he explain his appointment as Consul?

"My core competences on a management level and the fact that I work and live in Portugal fitted in with the profile the foreign and commonwealth office were looking for", he explains.

"I brought together knowledge of the country, the people and the British community along with my experience as a manager", he adds, while stressing: "I know what British nationals look for when they are abroad".

He further admits to being confident that he would file a successful application for the job.

"To be absolutely straight, it did not come as a complete surprise. I came from a unique background, in that I unite several experiences that the FCO were looking for.

"But there was fierce competition and this was also the first occasion in a long, long time that a locally-engaged person has been appointed as Consul in Lisbon.

"The FCO were looking for someone who can be a manager, someone who can employ management experience", he explains.

The Consul's experience in this area is notable, and it is easy to understand why the FCO accepted Mr Crathorne's application.

Since leaving the UK 25 years ago, his career has taken him to New Zealand, Canada and Brazil, before finally settling in Portugal in 1989.

He started his career with a leading property management company in Britain before moving on to work for four years in Brazil as a manager for a large agribusiness multinational.

He was a management consultant for 12 years to service and manufacturing industries in Portugal and Spain, and managing director of two companies in Portugal while also having worked in the services sector including the hotel industry and tourism.

He also served as a volunteer on the board of three British or-

ganisations in Portugal (British Portuguese Chamber of Commerce, British Retirement Home and the British Historical Society.)

Mark Crathorne also stresses his loyalty to Portugal, saying: "I am committed to the country as my wife is Portuguese" and his children attend Portuguese schools in Lisbon.

Another obvious quality the new Consul has is that by his own admission, he "knows Portugal,

its culture, its history, customs and the people" and is fully bilingual.

"By having already relocated to Portugal, it enables me to understand the needs of British residents here in Portugal", he argues.

The Consul also praises what he terms the strategic sense of direction that comes out of London and the sense of belonging to something great, especially when it is borne in mind the consular service network spans 260 embassies and consulates worldwide in over 140 countries and employs 16,000 people across the globe.

Is the Consul here for the long-haul?

"To start with, which is quite common, I have been handed a short-term contract".

Though he is optimistic that his employers will offer him the opportunity to receive a permanent contract and believes this will in part be due to the extremely clear guidance from Madrid, which is the headquarters of Iberian consular operations, led by the Director General Consular Services Iberia, Michael John H o l l o w a y , whom Mr

Crathorne holds in high regard and praised his qualities as a leader, motivator and his boundless energy.

In truth, he sees himself as Consul in ten years time, confident that he will be able to live up to the strict appraisal system employed by the FCO to assess its workers.

"The FCO is becoming more like a business where performance is tangibly measured", he explains.

But coupled with the "support from the Ambassador in Lisbon and a mature and profes-

sional team and the resources to conduct the job in a professional way", the Consul believes he will succeed in achieving the objectives set out for him and those he has set for himself.

Most importantly, it seems, and what is an age-old recipe for success in a career, is Mr Crathorne's emphatic announcement: "I am enjoying the job."

"I have found my niche", he says of his new role, "I have brought in a varied background, as opposed to someone who has come up through the diplomatic

ladder."

The FCO also seems intent to make future appointments abroad

as "local" as possible.

"Localisation is the key word", explains the Consul.

"Many of the staff members are locally-engaged. Having employees specific to the country, who know the environment in which they work, avoids the FCO from moving staff every three or four years, which is a costly exercise."

Speaking of

Ambassador Alexander Ellis,

who handed in his credentials only last November, the Consul could not be more complimentary: "We are very fortunate as a

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team of over 70 in Portugal to have an Ambassador who is dynamic, young, who even reads *Eça de Queiroz*, and who has also worked with a past prime minister of Portugal on a day-to-day basis. He is a motivating and charismatic leader and has cut across barriers to unite a varied team and also leads by example.

"We know our Ambassador. He is a good man manager and hopefully we can have a few years of working together", says Mr Crathorne.

Concerning the consular services, Mr Crathorne says: "Consular operations are here to assist British nationals, both those living here and those visiting. That is our business."

"These services are here to support the British national abroad. We have an obligation and challenge to produce a fast, efficient and friendly service to the British citizen."

Quoting a Whitehall objective, the Consul says his team have "to be fast, flexible and focussed for the 21st century. It's all about customer satisfaction."

Has the amalgamation in Iberia worked, with Madrid becoming the centre of operations?

"Definitely. I think from a practical point of view we can now produce a faster and more efficient service, a classic example being passport production."

"Iberia is responsible for the emission of 22,000 passports a year which is five percent of the world total and is the seventh largest in the world", he explains.

"All the consulates have gained from the fact that we have centralised operations. The issuing

of passports is taking the same time now (two weeks)", though Mr Crathorne predicts this period could be cut in the foreseeable future.

As for complaints, especially from Britons living in Portugal due to the changeover, the Consul believes they might have been due to misunderstandings or lack of information.

At the offices of the British Consulate in Lisbon, staff deal with five or six cases a month concerning stolen passports, while a further 1,200 visa applications are dealt with in the Portuguese capital each year.

"It was an eye-opener to see what the needs of British citizens are", says the Consul of his first eight weeks at the consulate.

"Many inquiries are about living in Portugal, notary acts, issuing of birth and death certificates, or pension queries. Then there is case work, where British nationals need assistance, which includes sudden hospitalisation, being detained, missing persons, accidents and worst case, death".

The role of the British Consul in Lisbon embraces the management of the Lisbon consular operation and three Honorary Consulates in Oporto, Madeira and the Azores. The job also entails the management of ten people, liaison with government authorities and other embassies, and managing large-scale events, such as football matches.

"I am also involved in the modernisation and change management of the consular operation to ensure consistency with

the rest of the Iberian network", he adds.

Mr Crathorne also deals with supporting residents and their community organisations, for which he has endless praise.

"In Portugal, we have over 40 organisations", he says, adding: "We must be the only nation that can produce so many volunteers."

British authorities estimate there are 60,000 Britons resident



Mark Crathorne, the newly-appointed British Consul in Lisbon

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British authorities estimate there are 60,000 Britons resident

in Portugal, "though that is probably under-estimated", says the Consul.

He also revealed that the FCO is to launch a new service known as 'Locate' whereby residents can register in order to assist consular services to rapidly contact

a person in the event of an emergency.

"But as there is no legal obligation, only about six thousand residents are registered in Portugal."

The British Consul's enthusiasm once again bubbles over when asked to describe his ex-

perience as Consul the past two months.

"It has been extremely stimulating, varied and all-embracing. It is an honour to serve one's country, while it is a stimulating and agreeable place to work."

Brendan de Beer

Consular Services in Portugal

The Consular Section is part of the British Embassy in Lisbon.

The British Consul and his staff are here to look after the interests of British nationals visiting or living within the Consular District, which consists of the mainland of Portugal and the autonomous regions of Madeira and the Azores, assisted by Honorary Consuls in Oporto, Funchal and Ponta Delgada, and the Consulate in Portimão.

Consular staff will do everything they properly can to help British people in difficulty in Portugal. The type of support they are able to provide is detailed in a guide produced by the Foreign and Commonwealth Office called Support for British Nationals Abroad: A Guide. There are five consular posts in Portugal. Ideally you should visit the nearest office to where you live or are staying.

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Silves Mayor Isabel Soares prepares for change

Silves Mayor Isabel Soares has now been in power for a decade. Currently in full swing of her third term, Silves has changed extensively under her guidance, but following the conclusion of this interview, which coincidentally was held at 19h30 on Tuesday evening, long after the City Hall had closed, it seems the biggest changes are yet to come.

During the latter end of 2007, Silves made the headlines more than once due to high tension electricity lines, against which residents and the City Hall fought so tirelessly and publicly.

A residents' committee, formed for the purpose, took their battle to unprecedented lengths, carrying out a series of protests, high-profile demonstrations, and even hunger strikes

until their goal of moving the line further north of some of Silves' most beautiful valleys was achieved.

The City Hall lent its power later on in the campaign, though the committee's hard work from the outset did not go unnoticed.

"The committee played a fundamental role", praised Mayor Soares.

"They fought. They were probably the driving force that helped the whole process move along. Even though the city hall collaborated with them in full, they played a very important part in the line being moved".

Mayor Soares also revealed firsthand to **The Portugal News** that a meeting was held last week with the head of the Resident's Committee and a handful of technicians to evaluate a newly drawn-up proposal for a route the line should follow.

"There are two small stretches that we are not completely happy with, but on the whole we are satisfied with the new route, it is good, and I don't have the slightest doubt that things will go well", she adds.

Anyone driving into Silves cannot miss the oversized counter positioned at the side of the river, counting down to the conclusion of a number of projects that are part of the governmental and EU-funded POLIS plan. According to the mayor, everything, with the exception of restoring the historical city centre, is on time.

"The riverside renovation is complete, the castle and surrounding area project is nearing completion, it will be finished in one or two months. However, the project for the historical city cen-

"Men may work hard but a woman's work is never done."

tre has been suspended for archaeological reasons. A second phase for that will be launched soon, but that will not be included in the count-down!"

In 2005 it was revealed that a huge theme park covering almost five hundred hectares was planned for Algoz, in the district of Silves, which was eventually dubbed 'The Magic Kingdom'.

In February 2006 Mayor Soares confirmed that the theme park project had the full backing of regional authorities, and that bureaucracy seemed to be the

only obstacle in seeing the major development through to completion. Two years later, the hype has died down to such an extent that it is actually no longer spoken about.

So what happened to those secretive investors who were going to create Portugal's biggest and most exciting theme park?

"The people involved were never seen or heard of again. They have completely disappeared".

There are, however, a number of other significant projects planned for the region, one of which has been in the pipeline for more than 30 years, and finally seems to have been given the green light.

Little has been revealed about these upcoming projects, though they will not be themed parks, and they will contribute significantly towards boosting tourism and employment in the region.

Besides the ongoing Amendoeira Golf Resort, being developed by the Irish Oceanico group, "there are projects for Praia Grande, Quinta do Paço, Atalaia, Pateiro and Vila Fria", Mayor Soares confirmed.

In fact Armação de Pêra, which has been extensively criticised and is notorious for the amount of concrete taking shape along the city's beachfront, is to be subject to an in-depth plan to renovate, refresh, and control any more construction.

"A tender will soon be launched to find contractors to upgrade the entire beachfront

area, to make Armação a more attractive place to visit all-round".

Other areas are also being explored to attract more visitors to the area, including agriculture, conference-orientated tourism, and ecological and science-related tourism.

"We want to be able to bring great national and international know-how to the area".

If all goes well, Mayor Soares believes "Silves will stop dragging on the tail of all the other regional municipalities and will be projected to the frontline".

Two of Silves' most prominent attractions however, are yearly events, one being its famous Medieval Festival, the other its Beer Festival.

This year, according to the Mayor, the Medieval Festival will be bigger and better than ever before and will run for a whole ten days, in August.

The Beer Festival, which was once held within the historic castle walls and then moved location to the Fábrica do Inglês, last year did not take place at all, which left serious doubts as to whether it would be shelved for good.

Mayor Soares explained, "If it was up to me I would make sure that this year we have the festival".

She elaborated, "The Beer Festival was started by Silves football club, with the city hall support, as a means of the club raising funds. However, last year there was a change in the club's management, and that meant the festival was put aside. This year the City Hall has made its willingness to work alongside the football club more than clear, and we have, in fact, held a number of meetings to outline exactly what Silves football club wants to do with regards to the Beer Festival."

"It is one of Silves' trademarks and we don't want to lose that, but nowadays things have changed and we are competing with other large regional attractions, most of which are free, so it does go ahead it may not be with the same characteristics as before. But there is a strong possibility we will have the Festival. If it is up to me..."

During summer one of Silves' down points is its ETAR water treatment station, which causes something of a stink, quite literally. Last year there were cries of water contamination and shortages due to burst pipes, but this year things seem to be on the mend.



"As you may know, ETAR is no longer under the guardianship of the City Hall. It is being privately run by Águas do Algarve.

The main problem was the nearby Fábrica da Lara orange juice producing factory. Its waste waters were too acidic and full of pith, so that caused problems with the ETAR station.

"Lara now say that they have an American consultant who is advising them and working with them to find a solution for a third private water-treatment station, which will then allow their residual waters to pass into the main ETAR with the same constituency as normal household residual water".

The Mayor considers the Fabrica da Lara to be "very important" to local economy. Silves' oranges are renowned worldwide, though major Portuguese supermarkets tend to purchase their citrus fruit in greater quantities from countries like South Africa, Brazil, Spain and Morocco.

Therefore the factory plays a crucial role in Silves' economy, using its produce to create the trademark juice that can be seen in supermarkets and shelves throughout the region.

And speaking of economy,

how did Mayor Soares react to recent claims printed in the national press regarding irregularities in the City Hall's accounts?

"I won't comment on those claims. I haven't so far and I won't now. Those matters are protected by secrecy laws and until the case is over I won't comment".

So there is an ongoing investigation?

"An investigation is being carried out and when concluded it will be handed over to the competent entities", she confirmed.

So after a decade in the chair and three successful elections, will Mayor Soares run again?

"We can never say 'I won't drink from this cup', she said.

"I told my family that this term would be my last one, but there is so much I still want to see done, so many projects I want to see

take shape and completed. I have a different strategy for Silves and it would be unfair to give it up to someone who does not know the city like I do.

"Now I really don't know whether to dedicate more time to my own family or stand by all the other families who, whilst they may not be dependent on me, know I share and defend the same interest and goals as they do".

There are two projects that the Mayor is fiercely passionate about and that one day she hopes to see through.

"I would love to see the river dredged. I have been fighting for it to happen for years, but the government just keeps leading the population on, myself included, by keep promising "next month or next year".

"I think it is sad when something is promised but not delivered. This has been on the cards for so many years I just can't believe the government hasn't yet found the financing to make it happen when they spend so much on other things. And they do".

The last project close to the Mayor's heart is also a prominent part of the local community as well as being a significant regional monument – the church.

"It is dreadful that the Ministry of Culture, who are guardians of the church, cannot come up with €380,000 to renovate and dignify such an important, historic monument. It is the last remaining one of its kind and quality in the Algarve".

While much was said, the interview was wrapped up in under 30 minutes, allowing Mayor Soares to remain in her office for another few hours' work.

As she said, "Men may work hard, but a woman's work is never done".

Carrie-Marie Bratley

"The riverside renovation is complete, the castle and surrounding area project is nearing completion, it will be finished in one or two months."

"We want to be able to bring great national and international know-how to the area."

"A tender will soon be launched to find contractors to upgrade the entire beachfront area - to make Armação a more attractive place"

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Millennium

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EU hands over a record €160 million to help alleviate world hunger



Libyan boys hold signs during a solidarity march to rid the world of hunger in Tripoli, Libya last May. 'Walk the World' is a global fundraising and awareness event that takes place every year in all time zones to call for an end to child hunger. (Photo: EPA/Sabri El Mhedwi)



The European Commission has adopted a €160 million food aid decision targeting an estimated 18.7 million people living in regions such as sub-Saharan Africa, Asia, the Caucasus, the Middle East and North Africa.

This funding decision, the largest ever launched by the Commission's Humanitarian Aid department, aims to meet the needs of the most vulnerable people facing food shortages due to natural catastrophes, economic and political crises, and armed conflicts.

It is the first food aid decision for 2008. More funds are expected to be allocated later in the year.

Louis Michel, the European Commissioner for Development and Humanitarian Aid, said: "Vulnerable people in many of the world's poorest countries are increasingly exposed to natural disasters, conflict and economic pressures that can rapidly lead to situations whereby people go hungry. The European Union has an essential role in providing them with food aid, and in restoring food production."

As with other forms of humanitarian assistance, food aid is given on the basis of need. Following a detailed assessment of levels of food insecurity, a list of 17 priority locations has been established: Sudan, Chad, Somalia, Kenya, Ethiopia, Uganda, Democratic Republic of the Congo, Tanzania, Burundi, the Sahel countries, Liberia, Zimbabwe, Afghanistan, Nepal, Sri Lanka, Colombia and the Palestinian Territories (West Bank and the Gaza Strip).

It is estimated that around 18.7 million people will benefit directly from this new Commission decision. Beneficiaries will include refugees, internally displaced people (IDPs) and host communities in areas affected by population displacement. Children and young mothers will be given priority.

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EC takes Portugal to court over MOT centres

The European Commission has decided to refer Portugal to the European Court of Justice over its restrictions on the establishment of inspection centres for motor vehicles, which it says are incompatible with EU legislation.

In a reasoned opinion, the EC formulated four heads of complaint relating notably to the granting of new authorisations depending on the public interest; the obligation to have a minimum share capital of €100,000; the limitation of the company's purpose; and the incompatibility rules with other activities concerning partners, managers and administrators.

In their reply last February, the Portuguese authorities accepted all four heads of complaint and promised to modify the relevant national legislation accordingly, but one year after Lisbon's positive reply the necessary legislative amendments have not yet been adopted.

Half of population exposed to dangerously high traffic noise

According to a report from the European Federation for Transport and the Environment, more than half of Portugal's population is exposed to levels of traffic-caused noise, considered by the World Health Organization to be excessive and harmful to human health.

In Portugal this phenomenon has not yet been studied in depth, though the Federation estimates that in Europe some 50,000 people die every year due to heart problems caused by high decibels generated from traffic noise.

Data relative to Portugal was gathered in 2004 and shows that excessive noise affected one million people more than that year than in the year 2000; an estimated five million inhabitants.

Whilst other European countries were successfully reducing their prejudicial noise levels (any noise above 55 decibels), traffic-generated noise in Portugal was on the up.

The World Health Organization established that being subject to any noise above 55 decibels for an extended period of time has negative effects on human health. This is what most people living in Portuguese cities will experience every day. Twenty per cent of people exposed to prolonged periods of noise superior to 60 decibels are likely to die of a heart attack.

It is therefore concluded that the risk for people living in urban areas is enormous.

Current legislation states that maximum noise levels in Portugal must be respected. For exam-

ple, in 'sensitive areas'—schools, hospitals, residential areas, etc.—noise cannot exceed 55 decibels. At night, this maximum is lowered to 45. In what are classified as 'mixed' areas—where services are rendered with some habitational areas—noise can rise to 65 decibels during the day as most people will not spend long periods of time in these areas.

It is also compulsory, by law, for local councils to draw up maps of noisy areas, to be included in municipal plans and which aim to identify potentially problematic areas, with the objective of elaborating preventative measures for reducing the noise's impact.

Despite being a legal obligation, the Portuguese Environmental Agency has no idea how many councils are applying the requisite, though it appears to be being 'applied gradually'.

Approved in 2007, Portugal's 'National Plan for Environmental Action and Health' aims to evaluate the impact of environmental issues on the population. Where concerning noise, the priority is to direct information at the general public and develop strategies and solutions to minimize noise levels and protect populations.

Gang in court over violent robberies targeting foreigners



The trail has started of a group of six men accused of robbing houses of foreigners in the Algarve, resorting to kidnapping, coercion and fraudulent use of credit cards.

Five of the defendants, of Romanian nationality, have been held in protective custody since January 2007 when they were caught in "Flor de Ameixa" restaurant.

The whereabouts of a sixth suspect remain unknown.

The group's modus operandi was to enter a carefully pre-selected home and beat the owners with a stick, threatening to kill them, tie and tape them up, to later steal all the valuables of the property, such as jewellery, computers, cameras, credit cards, physically and psychologically torturing the victims to get the PIN, and later withdraw

large amounts of cash.

In one situation the thieves cut off one of the victim's fingers and in another they beat a dog to death.

The group of five has been accused of four crimes of aggravated robbery, four crimes of kidnapping, four crimes of coercion and three for computer fraud.

According to the questioning plan of the thirty three witnesses, the trial should be over in two weeks.

One of the defence lawyers has admitted that none of the alleged offenders should receive fewer than eight years in prison, due to the violence of the crimes.



The start of the judgement on Monday at the Faro courthouse involving five men who used extreme violence to attack a foreigner in the Algarve. (Photo: Lusa / Luis Forra)

Pensioner goes on trial after stealing cream worth €1,39

A 70-year-old woman learnt this week she is going on trial next month on charges of stealing a hand cream at Lidl's Paços de Ferreira supermarket.

The incident dates back to July 2007 when Nazaré Gomes went food shopping at a Lidl supermarket.

When it was her turn to be served at the till, she withdrew almost all the items from the shopping bag, used inside the

supermarket for storage, and paid her bill.

On her way out she was approached by a security guard who questioned her about the non-payment of the cream. Immediately she claimed she had forgotten it in the bag and said

she would pay for the item.

The security guard was uncompromising and called the GNR who identified her for future reference, if a complaint was put forward. A few days later Mrs Nazaré was interviewed by the public prosecutor.

As it was her first offence, she thought her case had been dismissed after the hearing, but was surprised when she later received a registered letter stating she had been accused of theft, and had to appear at Paços de Ferreira court on the 1st of April.

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Slave ship open to the public in Cape Verde



A replica of the Amistad, the Spanish ship which was connected to the slave trade. The ship has been anchored in Praia port in Cape Verde and open to the public all this week. (Photo: Lusa / Omar Camilo)

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Portugal ready to aid Guinea independence war history initiatives

Portugal has promised to aid Guinea-Bissau in initiatives aimed to study and preserve the history of its struggle for independence from Lisbon's colonial rule.

The pledge was made in Bissau this week in a message from the Portuguese defense minister, Nuno Severiano Teixeira, to the International Guided Symposium devoted to discussion of the key role played by the southern Guided corridor in the national struggle against colonial rule.

Lisbon's ambassador to Bissau, José Manuel Pais Moreira, read Severiano Teixeira's message to the conference, noting the existing bilateral program to "conserve the memory" of combatants from both sides in the 1963-1974 conflict that ended with Portugal's recognition of Guinea-Bissau's independence.

The Guinean head of state, Nino Vieira, a senior guerrilla commander during the independence struggle, addressed the symposium Monday, urging the Education Ministry to introduce the study of the independence struggle in public school curricula.

Vieira thanked Cuba and neighbouring Senegal and Guinea-Conakry for their aid during the 11-year war of independence.

TPN/Lusa

LUSOPHONE WORLD IN BRIEF

Lisbon provides €2m to support Bissau

Portugal is providing two million euros to support Guinea-Bissau's state budget, a Lisbon official said. Announcing the aid package, Portugal's ambassador to Bissau, José Manuel Moreira, said: "We all know Guinea faces considerable challenges but it must be recognized that the country has experienced stability in recent months that hasn't been seen for some time." Lisbon's budget support funding will be formalized next week during the Bissau visit of Portuguese State Secretary for Budget Carlos Costa Pina. Portugal is also sending a team of 15 specialists to provide technical assistance to Bissau's finance ministry until 2010.

Brussels gives euros 3mn to support PALOP culture projects

The European Commission has donated three million euros to the five Portuguese Language African countries, collectively known as the PALOP, to fund heritage and culture projects, officials said. Brussels' aid package to Lusophone Africa was formalised by Franco Nulli, EC ambassador to Bissau, and Guinea-Bissau Finance Minister Issuf Sanhá, whose country will coordinate allocation of the funds. Nulli said despite the cultural wealth of the PALOP - Angola, Cape Verde, Guinea, Mozambique and São Tomé - "problems exist hindering the safeguarding, valuation and dissemination of historical and cultural heritage."

Biometric passports in São Tomé

São Tomé and Príncipe on Friday became the latest nation to adopt the biometric passport in a scheme funded by Portugal to the tune of 500,000 euros, officials said. The new electronic identity document was launched in São Tomé city by President Fradique de Menezes and visiting Portuguese interior minister, Rui Pereira. Lisbon is providing the new passports and scanning equipment to read them at the archipelago's airports and ports.

EU funds Mozambique sugar with €6m

The European Union signed an accord on Monday with Mozambique's agriculture ministry for Brussels to pump six million euros into the country's sugar sector over the coming two years, media reported. The online edition of *Noticias* newspaper said the latest EU aid package for Mozambique's sugar industry follows an earlier funding of 560,000 euros. Under Europe's sugar import regime, Maputo can export 6,000 tons of sugar yearly to EU markets. Around 30,000 people are employed in Mozambique's sugar industry.

São Tomé plans offshore oil development zone planned with Eq Guinea

São Tomé and Príncipe and Equatorial Guinea plan to establish an accord for offshore oil exploration in the ocean lying between the two Gulf of Guinea states, officials and media have said. Online business newswire macauhub reported that President Teodoro Obiang Nguema of Equatorial Guinea announced the plans for a joint oil exploration zone last week during a visit to Malabo by President Fradique de Menezes of STP. President Nguema said potential revenues would be carved up between the two states according to the potential of the blocs and their location.

Lack of funds delays slating of Guinea polls

The date for Guinea-Bissau's legislative polls, expected to occur during the last three months of this year, has yet to be fixed due to lack of funds, officials have said. A weekend statement from Guinea's presidency said President João Bernardo Vieira would set a date for the parliamentary polls when there are sufficient funds in the cash-strapped nation's state coffers to finance the ballot.

Angola Floods kill two, leave 30,000 homeless in southern province

Two people have died and some 30,000 left homeless due to torrential rains and flooding in Angola's south-eastern province of Cuando Cubango, according to civil defence authorities. Last month, about 52,000 people were directly affected by flooding in the neighbouring province of Cunene, especially around the capital city, Ondjiva. The torrential rains struck southern Angola after a period of severe drought in the region.

Mozambique lynchings slammed

A recent wave of lynchings in Mozambique of alleged criminals, estimated to have claimed at least 20 lives since January, was condemned this week by both the country's top court and the professional body representing Mozambican lawyers. In a statement, Mozambique's Supreme Court warned that the lynchings and attempted lynchings could unleash a "spiral of violence with unforeseen consequences." Irrespective of the reasons behind the putting to death by angry mobs of alleged criminals, these unlawful killings are "an attack against society" and also on the fundamental rights enshrined in the Mozambican Constitution, "particularly the right to life and physical integrity," the Supreme Court said. In a separate statement, Mozambique's Bar Association described the lynchings as an "unacceptable practice" and called for firm legal measures to be taken against perpetrators of the murders.

EU queries Chinese rules on financial information providers



The European Union has formally requested consultations at the WTO over measures that affect the operation of foreign financial information suppliers in China.

China has prevented foreign suppliers of financial information services from providing their services directly to their clients. They are now required to operate through an agent that is a branch of Xinhua itself.

Moreover, Xinhua has recently launched a financial information service in direct competition with foreign suppliers. The European Commission had tried to solve the issue through cooperation and dialogue, but without success. The United States has also requested consultations at the WTO over this issue.

EU Trade Commissioner Peter Mandelson said: "Competitive and open financial services information markets are the lifeblood of a strong financial sector, but China's rules have tipped the balance against foreign companies. I trust the EU and China will be able to resolve this issue amicably and to mutual benefit."

The relevant Chinese measures appear to breach China's GATS commitments on national treatment and market access, which require that foreign companies can operate in China and are not treated less favourably than local ones. It is also contrary to obligations not to cut back on

existing rights for companies and to provide regulatory independence, which China committed to ensure at the time of its WTO Accession in 2001.

The rules in place in China pose a serious obstacle to the business of EU financial information suppliers, which in turn impedes the smooth functioning and transparency of China's financial markets, the Commission charges.

Portugal in court over products subject to excise duties



The European Commission has decided to refer Portugal to the Court of Justice for certain national provisions which, in the Commission's opinion, do not comply with EU legislation on the movement and holding of goods subject to excise duties.

The Commission has said in a statement it believes that the Portuguese rules create a burden for traders that is disproportionate to the objective pursued.

Portugal requires that the 'accompanying administrative document' is sent to the competent customs office at least six working hours before the products which are subject to excise duties leave the warehouses in its territory.

The Commission is of the opinion that the relevant EU

legislation cannot be interpreted as allowing Member States to impose such a condition.

The Portuguese legislation is likely to jeopardise the correct operation of the internal market with regard to these products and cannot be justified as a necessary means to avoid tax fraud, for its results are clearly disproportionate to that aim, the EC states.

Further to the above, according to Portuguese law, author-

ised warehouse keepers have to provide a guarantee for the holding of products subject to excise duty. The guarantee generally amounts to two percent of the average monthly amount of excise duty paid during the previous year, with a minimum and a maximum threshold.

The Commission says that the amount of this holding guarantee is disproportionate to the

aim pursued (namely, to secure the revenue potentially at risk) and may act as an effective barrier for traders wishing to enter into the Portuguese market.

In July 2007, the Commission sent a reasoned opinion to Portugal. Since it did not amend its legislation within the requested deadline, the Commission has decided to submit the case to the Court of Justice.

Economic sentiment weakens further in both the EU and the euro area



In February, the Economic Sentiment Indicator (ESI) decreased further in both the EU and the euro area. It fell by 3.1 points in the EU and by 1.6 points in the euro area, to 100.2 and 100.1 respectively. The indicator, which has been on a downward path since mid-2007, now stands at its long-term average in both areas.

The decrease in the sentiment indicator in both regions is mainly due to a significant drop in confidence in the services sector and, to a lesser extent, lower confidence in the manufacturing and construc-

tion sectors. Confidence among consumers decreased slightly in the EU, while it remained stable in the euro area. In both areas, confidence improved in the retail trade sector.

Although the picture is fairly

mixed at the country level, a majority of the countries reported decreases in sentiment in February.

President Silva to pay first visit to Mozambique

President Cavaco Silva will lead a 40-member Portuguese business delegation on a visit to Mozambique later this month, his first trip to a former Portuguese African territory as head of state, Belém Palace said this week.

During the March 24-26 visit, Cavaco Silva will hold talks with President Armando Guebuza, address the Mozambican parliament and meet with opposition leader Afonso Dhlakama,

among other personalities.

He will also speak at two seminars, one devoted to Portuguese as a "global language" and another for Portuguese and Mozambican business leaders.

During his three-day stay, Cavaco Silva was also scheduled to visit northern Mozambique Island, a World Heritage site, and host a reception for the Portuguese community in Maputo.

TPN/Lusa

FEIE and Tax Prevention

Many countries in today's international environment have enacted tax treaties designed to prevent double taxation.

Beneficiaries of such treaties are typically residents who are subject to reporting and paying taxes on world-wide income to their foreign country of residence but who are subject to being taxed by one or more countries from where the income originated. American expatriates residing in a European country such as England, France, Portugal, Spain or Germany, for instance, are obliged to report all their income for foreign tax purposes. At the same time as US citizens, they must also report their world-wide income to the Internal Revenue Service (IRS).

While a tax treaty will delineate how two countries tax income flows, Americans living abroad can automatically exclude up to \$87,500 in foreign earned income on their 2007 tax return from US taxation.

By reporting this income on their tax return and claiming the Foreign Earned Income Exclusion (FEIE), they are protected from the possibility of being taxed twice until their earned income exceeds the \$87,500 threshold. But claiming FEIE is not automatic. There are three basic qualifications: tax home, residency and foreign income.

According to IRS, tax home

is the locality where one carries on a business or employment regardless of family residence. Nowadays it is not so uncommon for an American expatriate to conduct business over the Internet from his European family home with occasional visits in the US with one or more clients. Where is his tax home? The distinction is important because IRS can deny the American tax filer's FEIE while Portugal or Spain taxes US source earnings. In addition, the Service can also deny any deductions the filer may claim for lodging and meals while doing business with clients statewide.

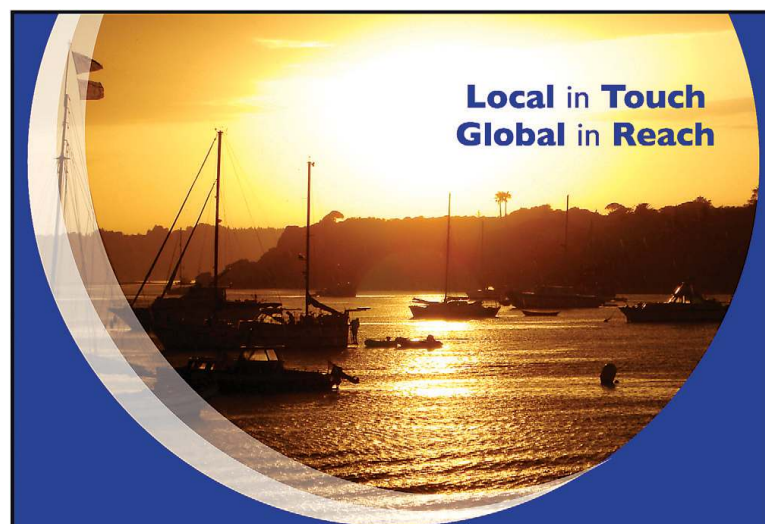
Americans living abroad can qualify for residency under the bona fide or physical presence tests. The former requires that the taxpayer lives in one or more foreign countries for an uninterrupted period that includes an entire tax year. If the foreign tax authorities determine that you are not subject to their tax laws or you are on temporary assignment, you will not qualify as a bona fide resident. Under the physical presence test, you must have been present in one or more foreign countries for 330 days during a 12-month period.

Having met the tax home and residency requirements residing abroad, your income can therefore be considered foreign earned. Perhaps perversely, a source of this income can be the United

States. The income must have been earned and includes: salaries and wages, commissions, bonuses, professional fees and tips. It can also include business profits, rental income, royalties, scholarships, fellowships and certain non-cash benefits.

American expatriates can qualify for FEIE without reporting their earnings to the foreign tax authority, but under the physical presence test. While an American expatriate may risk not reporting his earnings to that authority, his failure to report does not disqualify him. Moreover there are countries that do not tax earnings of foreign residents, presenting an unparalleled opportunity for a US citizen to avoid taxation on \$87,500 of income by taking up residence in such a tax haven. But if the expatriate does not file a tax return to claim FEIE, he risks being disqualified from claiming FEIE should he be later audited.

Barron Harper is a member of Albo Euro-Consult (www.albo.org), a consortium of chartered accountants and legal experts on the European continent, and the National Association of Public Accountants (www.natptax.com). He specializes in US International Taxation for American expatriates. www.taxbarron.com/taxbarron@yahoo.com / (00351) 91 935 9809.



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Morning-after pill used mainly in the south



A recent study by the Portuguese Association of Pharmacies (ANF) has established the average profile of a morning-after pill seeker as being under 26 years of age, resident in the Algarve or Azores, and a regular contraceptive user.

This profile was determined after a pattern emerged regarding the basic profile of consumers, as well as the areas where the morning-after pill was most sought after.

According to the ANF study, an asymmetry concerning the regions where the emergency contraceptive pill was most bought emerged, allowing its consumption in highest quantities to be traced to the Algarve and the Azores.

A questionnaire was issued as a follow-up, and this determined that the consumers were on average 26 years of age, while around half were aged between 18 and 25.

Eight out of ten claimed to have purchased the pill despite using regular methods of contraception, 40.8 per cent using the pill for contraception, 34.2 per cent opting for condoms, and two in every ten women claiming they used both simultaneously.

However, the remaining 53.6 per cent admitted to having unprotected sex, with four in every ten justifying taking the emergency 'morning after' pill after their regular form of contraception failed.

According to an AFP spokesperson, "the women who use the morning after pill go to the pharmacy knowing what to ask for and how to take it".

Most of these women, nine out of ten, had had intercourse in the past 72 hours, the maximum time limit to guarantee best efficiency of the medicine.

Only three per cent had had sex more than 72 hours prior to taking the pill, and five per cent confessed to not being able to specify precisely when the incident had occurred.

One per cent said they were buying the pill to take home and keep should it ever be needed.

It has also transpired that women are resorting to the morning after pill less since abortion

was legalised in July last year.

Less than 7,000 boxes were sold in the last six months of 2007, resulting in a fall in morning after pill purchases for the first time since it was introduced to the market.

In fact, prior to July 2007, the previous four years had shown continuous growth in sales.

In 2007, 206,648 boxes of emergency contraception were sold by Portuguese pharmacies, 6,646 boxes less than in 2006.

Between January and July 2007, Portugal's female population bought 106,802 boxes of the pill, whereas between July and December 2007 that figure dropped to 99,846.

Taking one morning after pill is, according to specialists, the equivalent of taking 15 regular contraceptive pills, and is most effective if taken less than 24 hours after intercourse occurs.

Its success can only be taken into account if administered less than 72 hours after intercourse, after that taking the morning after pill is not recommended as the results of its effectiveness are not known.

It has also been revealed that the most widely sold morning after pill was the most expensive one, giving pharmacies a profit of €84,500 in 2007.

President calls for closer ties with expat Lusophone talent

Portugal President Cavaco Silva said this week that it is vital for his country to forge closer ties with young business people of Portuguese descent living around the world.

In a message on the worldwide Portuguese social network site *The Star Tracker* (www.thestartracker.com), Cavaco Silva drew attention to the "Top Innovating Entrepreneur in the Portuguese Diaspora" prize, being promoted by Portugal's COTEC business innovation agency.

"I'm counting on you to make the first edition of this award a success", Portugal's leader, sponsor of the prize, told the global Lusophone talent site. *TPN/Lusa*



Archive photo dated 1st August 2006, showing US Senator Hillary Clinton (Democrat / New York) flanked by two of her staff, listens as Dr. Andrew von Eschenbach, right, President Bush's nominee to lead the Food and Drug Administration (FDA), testifies at his confirmation hearing on Capitol Hill in Washington, DC. Clinton questioned von Eschenbach about the FDA and the morning-after pill, Plan B. von Eschenbach, the FDA's acting commissioner, said he would consider the possibility of over-the-counter sales of the pill to women 18 and older. (Photo: EPA/Matthew Cavanaugh)

Timor president 'forgives' rebel officer who died trying to kill him



East Timorese President José Ramos Horta, critically wounded in an assassination attempt last month, has forgiven the rebel army major who was killed in the attack against him and asked the government to care for the officer's family, the country's acting head of state said.

Fernando Araújo, the speaker of parliament and acting president, also said after a visit to Ramos Horta in an Australian hospital that the Timorese leader was recovering well and had asked that a thorough investigation be carried out into the double attacks on February 11 in Dili that targeted him and Prime Minister Xanana Gusmão, who escaped unharmed.

Ramos Horta was transferred on Monday from the Royal

Darwin Hospital where he has undergone several surgeries for chest and abdominal wounds to the neighbouring Private Hospital in the northern Australian city of Darwin.

In a statement released in Dili, Araújo said Ramos Horta told him during a two-hour hospital visit that he "forgives deceased (Maj.) Alfredo Reinado and asks the government to support his family".

He described the Nobel peace laureate as "very lucid"

and showing "concern for the country and the responsibilities of head of state".

In a related development, one of Maj. Reinado's rebel followers was presented at a Dili news conference Monday after turning himself in to Timorese security forces.

A former policeman, Kaer Susar acknowledged he had taken part in the attack last month against the president and said he decided to surrender because he wanted the country to

"live in calm".

Timorese and international UN forces are searching for a score of rebel soldiers suspected of having taken part in the two attacks Feb. 11.

The head of the Timorese task force leading the search said authorities were giving the renegade band's new leader, Lt. Gastão Salsinha, "time to reconsider their position and take a correct and peaceful decision" to resolve their case.

TPN/Lusa

February marked by extreme weather

According to February's weather records, documented by the National Institute of Meteorology (IM), the south of the country saw more rainfall than the overall average registered between 1961 and 1990, whilst in the North of Portugal an already worrying drought worsened.

Even though, as a whole, Portugal's levels of precipitation were far inferior to the averages of those registered between 1961 and 1990, but by zones, the levels documented in February this year, in Lisbon, Setúbal, Alentejo and the Algarve, were significantly higher when compared to those of the afore-mentioned period.

These variations are explained

as being caused by the heavy rains Portugal suffered on February 18th, which flooded Greater Lisbon and resulted in two people being killed, one person disappearing, five injuries, and left more than 300 people homeless.

The IM has said that on that day the rainfall smashed a previously set daily record which had been registered on November 19th, 1983, in the Lisboa/Gago Coutinho station of 126.6 millimetres.

In the same place on February 18th this year, the gauge instrument showed 129 millimetres of rainfall.

Northern Portugal is currently experiencing a drought classified as severe.

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Here's looking at you, kid...



Teresa Ferreira



Debbie Santos

A thirtieth anniversary is a landmark for any company, but it was especially poignant for **The Portugal News** team when Portugal's largest English-language newspaper completed three decades of existence. To

celebrate, in fitting style and panache, a 1940's Casablanca-inspired party was held in the Sheraton Hotel's *Aladar* Moroccan

restaurant, an exotic setting for what turned out to be a fabulous evening that for most, only ended the next morning, but not before the team had honoured the corporate colours by painting the town red.



Neil MacLeod

party, see p. 65



Tommy Broad & Lynn Duarte



Marilyn Holmes



Maria Taylor



James Tannock & Madeline Luckman



Paul & Tish Luckman



Tina Oliveira, Sherry Hughes & Patricia Valerio Pinto



Nancy & Kurt Pardon



Tricia Hearn



Sónia Seixas



Carrie-Marie Bratley and Nikki Hall

Photos: The Portugal News



From Left: Tommy Broad, Paul Luckman, Tom Chapman, Brendan de Beer, Kurt Pardon, Charlie Wolff, Neil MacLeod, James Tannock

War in South America?

Something strange happens to the roads in eastern Colombia. As you near the Venezuelan border, you suddenly come across long, dead-straight stretches that are about eight lanes wide. They are, of course, emergency air-strips for the Colombian air force to use in the event of a war with Venezuela, and they date back to a period long before the current crisis between the two countries. But they are still there, and the topic is on the table again.

It's hard to know how seriously to take Venezuelan President Hugo Chavez's threats of war with Colombia, because he often talks like that.

Speaking on his weekly television show, Chavez denounced last weekend's Colombian military incursion into Ecuador. "This could be the start of a war in South America," he warned, addressing Colombian president Alvaro Uribe.

"If it occurs to you to do this in Venezuela, President Uribe, I'll send some Sukhois" (Russian warplanes recently bought by Venezuela).

Then, intoxicated by his own rhetoric, Chavez upped the ante: "Mr. Defense Minister, move 10 battalions to the border with Colombia for me, immediately — tank battalions. Deploy the air force. We don't want war, but we aren't going to permit the Empire (his term for the United States)... to divide and weaken us." All very exciting stuff, but can he be serious? There hasn't been a war between South American countries in over eighty years.

The trigger for this crisis was a Colombian raid early Saturday that killed Raul Reyes, the second-in-command of the Revolutionary Armed Forces of Colombia (FARC), and sixteen of his companions. It was an important success in Alvaro Uribe's long war against the Marxist guerilla army, but there was one little problem: it all happened on the far side of Colombia's border with Ecuador.

Colombia initially apologised, explaining that its troops had come under fire from the FARC band, but it later became clear that Reyes and his men had been betrayed by a spy and killed in their sleep. The border violation was deliberate and premeditated. Two friendly governments might still have smoothed the matter over — after all, if Ecuador was policing its border properly there should not have been any FARC troops on its territory, and besides no Ecuadorians were hurt in the operation — but these are not friendly governments.

Ecuador's President Rafael Correa, like Venezuela's Chavez, is one of the "new left" leaders of South America, whereas Alvaro Uribe is a conservative leader with close US ties. Both Correa, whose country borders Colombia on the south, and Chavez, whose country borders it on the east, essentially see FARC as a legitimate contender for power in Colombia.

Chavez even eulogised Raul Reyes as a "good revolutionary" and condemned his "cowardly murder" by the Colombian army.

Uribe (whose father was killed by FARC in a bungled kidnapping attempt) has gradually been winning his war against the guerilla organisation: numbers of commanders have been killed or captured, and there is now a steady flow of defectors. Nothing could be better for Colombia than an end to this crippling five-decade insurgency whose leaders still

spout the antique Marxist rhetoric of the 1960s. But both Chavez and Correa see FARC as a friendly force.

The Colombians have long suspected that Chavez allows FARC units to rest and re-train on Venezuelan soil. Correa has only been in power for little over a year, but the Colombian army claims to have found a letter from Reyes to the FARC high command in the dead man's hard drive in which he recounts his discussions with the Ecuadorian security minister about establishing a permanent link with Correa's government.

So the Colombian government suspects both its neighbours of aiding and abetting FARC, and it may well be right. Venezuela and Ecuador fear that the recent Colombian incursion into the latter's territory to kill FARC fighters may be only the first of many, and they also worry that the United States is encouraging such attacks as a way to destabilise these two leftist governments. They, too, may be right.

Given these concerns and calculations, the apparent over-reaction of Chavez and Correa — Ecuador has also dispatched troops to the Colombian border, and both countries have expelled their Colombian ambassadors — may be quite rational. They may be trying to overstretch the Colombian army and give it a two-front problem, in order to protect their FARC friends and deter any further cross-border operations by the Colombians.

But they'd never actually go to war, would they? It still seems very unlikely, in particular because the far more experienced Colombian army would dismantle any forces the Ecuadorians sent against it in a matter of days. Venezuela and Colombia are more evenly matched, and for that very reason it would not be in either government's interest to have a war: neither side would win.

So that's settled, then. Except that I keep remembering those emergency airstrips on the roads. Even long before Uribe and Chavez came to power, somebody thought that a war between Colombia and Venezuela was likely enough that they spent all that money on preparing for it.

Gwynne Dyer is a London-based independent journalist whose articles are published in 45 countries



Gwynne Dyer.

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CAISL celebrates Martin Luther King Jr. Day



On the day Dr. King's dream of a vibrant, multiracial nation united in justice, peace, and reconciliation is commemorated, we are called on this holiday not merely to honor, but to celebrate the values of equality, tolerance, and interracial sister and brotherhood.

Those are the words that Coretta Scott King, widow of the great American civil rights leader Martin Luther King, Jr., used to describe the intent of the U.S. holiday honoring her slain husband's life and legacy. Within the United States, the holiday is marked with joy, solemnity, pride, a few tears, and most of all, hope. U.S. citizens of all ages find diverse and meaningful ways to express their commitment to the values of tolerance and peaceful social change that Martin Luther King, Jr. espoused.

This year, the Carlucci American International School of Lisbon (CAISL) organized an extensive celebration of Dr. King's legacy and linked it to what his message means to all of us here in the village of Linhó, Portugal.

On January 21st, the high school students arrived at school to find a videotaped recording of King's famous 'I Have a Dream' speech playing continuously in the school atrium. They were invited to write their thoughts and comments on a nearby 'Reflection Wall'. A compelling set of posters provided by the U.S. Em-

bassy Lisbon offered insights into and photographs of King and other important Civil Rights leaders.

On the elementary side of the school, the walls outside classrooms blossomed with written work and drawings inspired by the message of Martin Luther King, Jr. During the morning hours, students were invited to a sumptuous 'Breads of the World' feast made up of donations solicited and arranged by the parent-teacher organization (PTO). The bread served as a symbol of both unity and diversity, and it allowed us bite-sized tastes of the wide variety of cultures and traditions that enrich our school.

During their visits to the bread banquet, students also contributed individual bricks to a communal 'Wall of Promises'. In the belief that individual actions can make a huge impact, each student had been asked to make a promise to do something concrete to make the world a better place. The cumulative result was very moving: a wall built of intentions and ideas both lofty and simple (but all of them sincere) and mortared with hope for a better future. What a sight to see! Meanwhile, one of the kindergarten classes reached out to our surrounding community by inviting students from a nearby Portuguese school to join them for activities centered on the theme of love.

The day ended with a special assembly in the secondary school atrium with inspirational songs, poems, plays, presentations and reflections. Just before dismissal, everyone paraded past the promise wall, admiring and reflecting on the words and pictures powered by the positive force of our CAISL students. These young people - an ocean away from Atlanta, Georgia, and nearly fifty years past the death of Martin Luther King, Jr. - had shown that his message and values still resound across the world.

Kelly Howes, Grade 2 teacher, Carlucci American School of Lisbon



Martin Luther King Jr. Day celebrations at CAISL.

Sintra to celebrate immigrant day



Sintra City Hall is preparing to develop a programme, in collaboration with social institutes, to mark the 17th of September as a day for the 40,000 foreign residents who are believed to live in the council.

The Sintra City Hall has approved a proposal from councillor Lino Ramos to mark the city's immigrant day on the 17th of September.

Although the national migrant

day already exists, on the 18th of December, the council chose to recognise the communities that reside in Sintra, the great majority with African roots by providing a symbolic day with numerous cel-

ebrations. "It is a way of us saying to our foreign community that Sintra recognises them and wants to shelter and integrate them in the city" said the councillor.

Due to the high number of ille-

gal immigrants living in the city, there is no precise figure for their total. The city hall estimates there are 40,000, equating to ten percent of Sintra's population.

Festival to pinpoint city as European capital for fish and seafood

The best national chefs will be cooking up their treasured national fish and seafood dishes at Terreiro do Paço's "Fish in Lisbon" festival from the 5th to the 13th of April.

Being the first of its kind, the festival will take place in Pátio da Galé, a space supplied by Terreiro do Paço council. It will be complete with live cooking, kitchen chef demonstrations, wine tasting, fish and seafood, beers, a "gourmet" market and music animation.

Lisbon council President António Costa says the festival

is intended to show that fish and seafood are a "distinctive mark of the city", taking advantage of its geographical position close to the sea and river. He also stated the festival "is not for mass tourism" but hopes to "stimulate the tourism industry and develop the capital" in terms of sea products.

With a total cost of €750,000, General Director of Lisbon Tourism Association Vítor Costa pointed out that sixty percent of the festival is paid for by the association's budget and the rest is provided by sponsors.

With over 17,000 visitors ex-

pected over the nine days tickets cost between €15 for one day and €100 for a 9 day pass. Inside the

festival the famous chefs' dishes cost between five and seven euros.

PSP road block leads to 18 arrests

Eighteen arrests and six fines to nightclubs were the results of an inspection operation held by the PSP police on Saturday morning.

Between 02.30 and 06.30 on the early hours of Saturday morning, PSP police officers pulled over 637 vehicles that led to eighteen arrests: one for illegal possession of a firearm, fourteen for drink driving, one for not having a driving license, one for disobedience and another for insulting a police officer.

The arrested were aged between 23 and 43 and the alcohol levels recorded varied from 1.21 g/l and 2.71 g/l.

Nightclub inspections were also part of the operation, with a total of sixteen locations being inspected.

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Lisbon Fashion Week set to thrill once more



A model wears a creation of designer Dino Alves during the Spring Summer 2007 collection presentation at the Lisbon Fashion Week Thursday, 12 October 2006, in Electricity Museum, at Lisbon. (Andre Kosters / Lusa)

Cinema, catwalks and performances are the main attractions for the illustrious Lisbon fashion show taking place in Estoril Casino that

started Thursday.

Portugal's best known fashion show is back with glitz and glamour all around.

"Mother" of ModaLisboa

Eduarda Abbondanza explains, "It is going to be a hectic ModaLisboa, because it entails the public shifting between places throughout the event".

The cinema chapter of the fashion show is a new innovative feature, despite being in planning for years it has never been done due to lack of resources until now.

Featuring a documentary about the life of stylist Karl Lagerfeld, a set of archive films from ModaLisboa and a short film of artist Joana Vasconcelos the newly-renovated cinema auditorium is the chosen location for the presentations.

In the Imperial Hall of Real Palácio Hotel, situated next to the casino, the "catwalk" will serve as the main stage for all the Autumn/Winter 2008/09 collections from designers Sara Lamúrias, the White Tent trio and Lara Torres.

A new designer is also included in the programme called Pedro Pedro.

It is not his first appearance as a designer in ModaLisboa, last year he was in partnership with Júlio Waterland in Pedro Waterland fashion.

Another new event in the calendar is CascaisModa, an initiative that is used to be run by Cascais City Hall, where the city's shop owners show their collections for the next season.

Eduarda Abbondanza stated "Our perspectives are to reconfigure and relocate the show, in time and geographical terms".

Autumn/winter collections for 2008/09 are displaying from Thursday to Sunday at Estoril Casino and Real Palácio Hotel. Invite only for the fashion show but cinema sessions are open to all.

Orphanage benefit to be held in Cascais

Concert and dinner is being organised at the Cultural Centre in Cascais, on Saturday, April 12th at 7 pm, to raise funds for the building of the Satchidanda Integral School and Home for Children in Nepal.

The event is generously supported by among others the Foundation D. Luis I of the Cultural Centre in Cascais, the Municipality of Cascais, and the Nepalese Hon. General Consul. It is organised by Ulla Rapazote and her two friends Ann Wallis and Karen Bright.

Three opera singers are rehearsing a special program for this event, and a group of Nepalese children are training to perform national dances in their national costumes. A cocktail is being offered before the concert, and a seated, Nepalese style dinner

will follow - all in the premises of the beautiful, newly restored Cultural Centre of Cascais.

The organisers are hoping for a full house and hope it will be a most exciting and inspiring evening!

The cost of the tickets is €60 per person - should you wish to book - or give a donation - please contact Ulla Rapazote by e-mail: ulla.rapazote@netcabo.pt or send a cheque payable to Ulla Rapazote - AKIN - NEPAL, Av. do Lago 294 r/c A, 2765-420 Estoril, Portugal. Or, make a bank transfer PT50-0033-0000-45350522812-05, marked AKIN-NEPAL (don't forget to separately send your name and address either by e-mail or post!) Should you not be able to come, donations are much appreciated.

Contributed

Lisbon's hotels amongst cheapest in world

According to real estate analysts Cushman & Wakefield, Lisbon is amongst the cheapest cities in the world as regards hotel prices, despite a growing demand to visit and stay in the city.

It has been calculated that the average price for a night's stay (RevPar) in Portugal's capital is around €58.74.

Heading the RevPar list is Dubai, where a night's stay will cost on average €219.36, though Dubai's daily room occupation percentage is far lower than that of Lisbon.

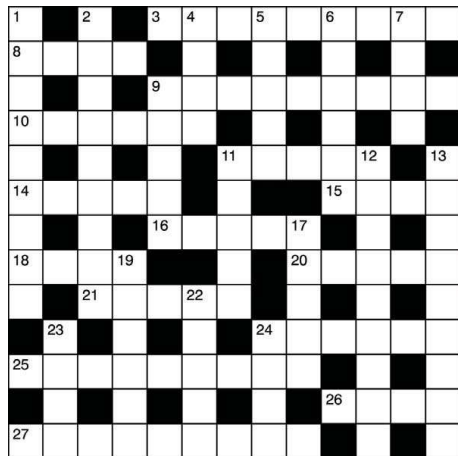
In 2007, in Portugal there was a healthy growth in all tourism indicators, namely in the low-cost airline market and recuperation of international interest in the country as a destination.

Last year overall hotel revenue went up by 10.4 per cent, in comparison to 2006, in total representing a profit of €1,923,300.00.

Even so Eric van Leuven, director-general of Cushman & Wakefield, considers Lisbon as being passive in making the most of what it could offer and its subsequent development.

"As a tourist destination, Lisbon has developed very little over the past few years and a good example of that is the Avenida da Liberdade, which doesn't even have esplanades", he argued.

The Portugal News Crossword No. 182



QUICK CLUES

- ACROSS**
3. Unawareness (9)
8. Tumult (4)
9. Monetary (9)
10. Hurry (6)
11. Pithy (5)
14. Prongs (5)
15. Stimulus (4)
16. Instruct (5)
18. Association (4)
20. Change (5)
21. Feel (5)
24. Flowing (6)
25. Savage (9)
26. Den (4)
27. Verbosity (9)

DOWN

1. Designer (9)
2. Agreement (9)
4. Win (4)
5. Speechify (5)
6. Entry (6)
7. Applaud (4)
9. Banquet (5)
11. Commerce (5)
12. Transient (9)
13. Plundering (9)
17. Pulls (5)
19. Past (6)

QUICK SOLUTIONS No. 181

Across: 1 Poor; 3 Harmless; 8 Orfe; 9 Prelude; 11 Incomparable; 13 Inroad; 14 Simple; 17 Dissociation; 20 Steadied; 21 Fame; 22 Retiring; 23 Less.
Down: 1 Prohibit; 2 Officer; 4 Abroad; 5 Mechanical; 6 Equal; 7 Seem; 10 Ambassador; 12 Meanness; 15 Private; 16 Screen; 18 Inert; 19 User.

su do ku

Fill in the grid so that every row, every column, and every 3x3 box contains the digits 1 through 9.

That's all there is to it.

There's no maths involved. The grid has numbers, but nothing has to add up to anything else.

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		5	7			3		
	8			6		1		
1			5					
	5	3	2		4	8		
		8	3		5	2	9	
					7			5
	6			9		2		
4				2	1			

Last weeks solution:

6	5	9	3	1	2	8	4	7
4	1	8	5	6	7	9	2	3
3	2	7	8	9	4	1	5	6
8	6	5	2	7	9	4	3	1
2	3	1	6	4	8	5	7	9
7	9	4	1	3	5	6	8	2
1	8	3	7	5	6	2	9	4
5	4	6	9	2	3	7	1	8
9	7	2	4	8	1	3	6	5

For **tips** on how to solve Sudoku puzzles, browse the **forums**, go to www.sudoku.com

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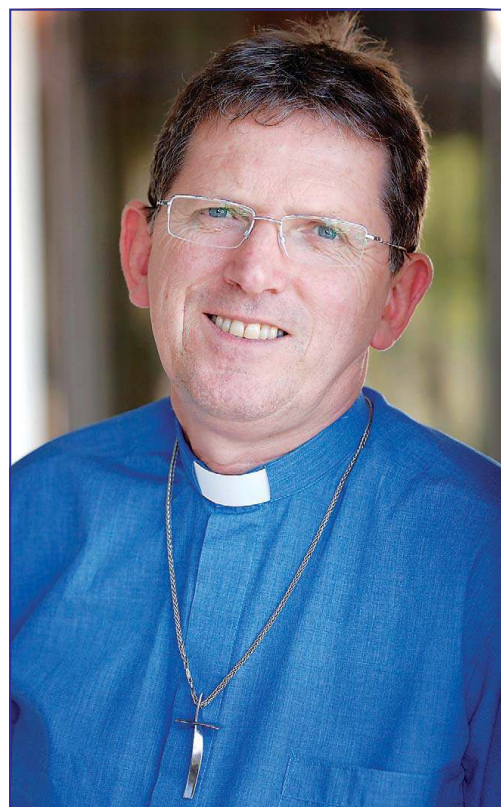
WRVS Social Tea

The next WRVS Social Tea at the British Retirement Home, Quinta da Fonte, S. Pedro do Estoril, will take place on Tuesday, 11th March at 3pm.

Jo Groombridge will give a talk and practical demonstration on FIRST AID IN EVERYDAY SITUATIONS.

Popular priest to resign following health scare

Father Eric Britt, the popular priest of All Saints Anglican Church has decided to resign due to health concerns. He has been diagnosed with irregular angina and a congenital heart condition. Father Eric announced his resignation last Sunday effective June 1st, and is presently on one month's sick leave, following advice from his doctor and cardiologist.



Father Eric Britt, the popular priest of All Saints Anglican Church has decided to resign due to health concerns. (Photo: Geoff Pugh)

Father Eric, who has been acknowledged as one of the best-known 'men of the cloth' in the Algarve, left St. Vincent's Chaplaincy after five years to take charge of All Saints Church in July 2006. In the following 20 months he has built a thriving congregation with a very popular children's ministry. Children have joined the church after attending children's missions weeks, such as Waterworks Park which was held last July.

While the church has been under his charge, several nota-

ble clergy have been invited as guests at the church including The Rev'd Canon Ellis Brust, President of Anglican Mission in the Americas and Bishop Colin Bazley, who commissioned Paul Luckman as Reader and confirmed several members of the congregation. Expanding the ministry even further, last December Jackie Nevill was ordained into the worldwide Anglican Church by Archbishop Emanuel Kolini, the Primate of the Anglican Church in Rwanda.

The church also developed a popular music group, which has

so far featured in two major praise events and produced a CD, while a more traditional choir sings at Christmas, Easter and other celebration services.

The news of Eric Britt's resignation was understandably received with much dismay by many in the congregation and they asked what could they do for Eric and his wife Sue. In a statement issued to the congregation, Father Britt said "(please) make our last three months with All Saints the best three months we ever had in All

Saints, so that we can leave with you all at our final service, sending you back with God's blessing and yours, and hand the future of All Saints over to God."

The services at All Saints will continue as normal, and because Father Eric will still be on sick leave over Easter, arrangements have been made for a leading Anglican Bishop to celebrate at the Easter weekend services in Almancil and Lagoa.

In July Eric and Sue will be returning to the UK to live permanently.

Lou Reed coming to the Algarve

On July 20th Lou Reed will perform in Loulé as part of the seasonal 'Algarve 2008' summer entertainment line-up.

The north-American ex-Velvet Underground singer is the latest international artist confirmed to take part in the summer spectacular.

He will take to the stage in Loulé's Duarte Pacheco Square, performing songs from his latest album 'Berlin' as well as old favourites.

The official 'Algarve 2008' summer line-up will be unveiled on March 14th, in Oporto.

Plastic surgery death, investigation concluded by April

A Ministry of Health spokesperson has guaranteed that an investigation currently being carried out into the death of a 24-year-old woman, who died after having liposuction in a clinic in Faro, will be concluded by the end of this month.

The woman in question, who lived in Fuzeta (Olhão) was found dead by her boyfriend on the bathroom floor of their home just a few days after she had had the treatment, sometime mid-January.

Family and friends say the victim was not over-weight, but suffered insecurities from having a 'few extra pounds'.

Despite complaining about

post-surgery abdominal pains after returning home, the clinic insisted there was nothing to worry about.

An investigation was launched to determine the exact cause of death and, so far, family members and the doctor, who performed the intervention, have been questioned, and the clinic checked. It is known that the woman died of a pulmonary thromboembolism (the obstruction of an artery which feeds the lungs), though the cause of the thromboembolism is as yet unknown.

According to reports, the doctor, a kidney disease specialist and also owner of the clinic, has

more than 20 years medical experience and no complaints against his name. He was not solely tied to practicing medicine for the National Health System and was therefore free to run his own private business.

The head of the regional Algarve branch of the National Board of Doctors explained how, when using local anaesthetics, the procedure of carrying out liposuction is 'not a complex one', though some risk is involved.

He also went on the say that, in the three years of his reign as head of the Board, this is the first case, to his knowledge, of its kind, in the region.

Angel charity night an astounding success

Last Saturday, March 1st, the Angel bar in Carvoeiro held a fantastic party, to which almost the entire village turned up, for not one, but three very good reasons;

to celebrate the venue's 4th anniversary, its owner's 36th birthday, and, most importantly, to raise much-needed funds for the Lagoa bombeiros.

Even though drinks were on the house, customers were invited to put a donation of their own judgment into a collection box, and it seems that everyone gave generously. In total €2,510 was raised, far surpassing the amount raised through last year's event.

A raffle with prizes generously donated by some 40 different venues from around the village, ranging from romantic meals for two to 'candles & condoms', helped boost the collection with 1,550 tickets sold; as did an impromptu sponsored hair cut. Throughout the night more than 200

people came and went, many enthusiastically dancing along to the sounds of the 70's and 80's, others just catching up on local gossip, all contributing to a good cause.

Aaron Glashire has owned the Angel Bar for four years and it is the second time he has organised the charity evening, coinciding with his birthday and the day the bar was opened.

"I am still in awe as to how much we raised", he said, "I am still in shock, I would like to thank absolutely everyone who helped raise this money".

The event's success has encouraged Aaron to make it an annual occurrence, which will take place every year on March 1st. This year the money raised will be put towards customised wetsuits for the Lagoa fire fighters, for them carry out rescues in water.



The Angel bar in Carvoeiro celebrated its 4th anniversary, its owner's 36th birthday, and, most importantly, to raise much-needed funds for the Lagoa bombeiros.

Silves' GNR police working from stables

Even though renovations have been ongoing since August last year, secondary bankruptcy declarations by the builders has left work on Silves' GNR headquarters stalled for over a month, the officers having no alternative but to operate from adapted horse-stables.

Initially it was hoped that the works would have been completed by April this year, however, it is the second time the constructors have allegedly gone bankrupt, and this time the standstill on works will continue indefinitely.

This is a worrying situation for high-ranking GNR officials and has left Silves' officers with no other choice but to work from an old, adapted stable building. The chief in command has been forced to work from installations in Armação de Pêra, along with seven other GNR officers, who must travel to Armação and back on a daily basis, of-

ten in the commander's car.

It has also emerged that a Silves GNR jeep was in use for a whole month, January, without its MOT. Upon realising the gaffe, the vehicle was declared out of order until the situation had been rectified.

Even though the Home Affairs office has said no official police vehicle should be more than six or eight years old, the government has acknowledged that Portugal's fleet of police vehicles is in poor shape. As such, 117 cars and 22 bikes have been ordered to renew the fleet, 15 of which are destined for the Algarve.

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Today's Brownies.

21st Century Brownies

Brownies are part of the Girl Guiding UK and have been around for a long time. We have all joked at sometime about gaining Brownie Points for doing something really good!

That is the whole idea of Brownies, having a great deal of fun, learning new things such as making crafts, singing songs or looking at nature and most importantly, thinking of others before themselves. Doing a good turn everyday!

In this day and age it maybe an old fashioned way of thinking, but the 1st Algarve Brownies want to move the Brownies into the 21st Century because all old values still hold strong. The Brownies have just put their latest DVD on You Tube! A video about being a part of a team,

showing the energy and spirit of the youth of today.

The song was written by Ivor Beresford for his twin girls 30 years ago and it has been updated.

Watch the video on www.youtube.com - just type in

'Algarve Brownies' or 'Finest Pack of Brownies' and join the fun.

If anyone can help with further promotion of our fantastic video please contact Brown Owl on 918 376657. Copies available of the DVD for the price of €10.



Back in the old days.

'2 girls 2 Run' to the end of the world

Shirley Emilio and Amanda Mortimer are attempting a challenge never before undertaken.

In aid of charity, they will run from the Spanish frontier to the West coast of Portugal in just 7 days, along the Algarve's new Ecovia route marked on the roadsides throughout the Algarve by narrow blue lines.

This route is part of the EuroVelo, a project in development since 1995. The network being linked throughout Europe will extend to some 65,000 km, of which more than 30,000 km is in place.

Funds are being raised for the Algarve's regional charity for children A.C.C.A and Jane's Appeal, a charity in the UK founded by the late Jane Tomlinson, which raises funds for children's and cancer charities. The charities have been

specifically chosen to ensure a marriage of international and local fundraising to unite both the Portuguese and expatriate communities.

After a launch event evening on 2nd May at the Vilamoura Casino, the run itself will start from Vila Real on Sunday 4th May with Shirley and Amanda covering 30kms a day.

On reaching Sagres on 11th May, the final 10kms will be open to the public. Adults and schoolchildren have a chance to join in and run or cycle the full 10k, 5k or 1K. All are welcome. Prizes will be presented during the grand finale party at the finish line, which will appropriately be at 'o fim do mundo' or 'the end of the world' as ancient mariners used to describe Cape St Vincent, the most southwesterly part of Europe.

Amanda Mortimer's career began in corporate training, where she worked with people from the shop floor to senior management in large international corporations such as Estee Lauder and Clinique. Amanda now has her own practice as a qualified therapist and lives part of the year in Portugal and part in New Zealand with her husband Keith Mortimer.

Shirley Emilio was a registered nurse and went on to manage BUPA Care homes in the UK. She has lived in Portugal for the last 17 years and runs her own company with her Portuguese husband, Eddie, distributing the award winning Crystal Clear Skin Care brand. They also own and operate The Body and Skincare centre in Pêra.

Amanda and Shirley met through their love of the outdoors and a healthy lifestyle. In 2005 they both took part in their first marathon together in London. Since then they have continued to take part in various

events such as climbing the Three Peaks and triathlons, raising money for charity.

Shirley Emilio comments, "Amanda and I have felt very strongly since this idea came alive that we wanted it to be an event involving both communities, and not just the expat's even though I am one! I absolutely love this country and if we can in some small way bring people together for these brilliant causes then this will be a huge achievement. Ecovia is going to be a fantastic route for people and a great way to promote health and fitness here in Portugal. If our event inspires people to get fit and active then that is an added bonus. People are seeing the value in what this event is bringing to the communities and more and more people want to become involved."

For further information on how to take part in the 2 Girls 2 Run event and pledge sponsorship, visit their official website www.2girls2run.com

Golf club of Tavira captain's charity presentation

On Saturday 1st March at the conclusion of the Presidents Cup Competition the Captain of the Golf Club of Tavira, Tony McHale, presented two cheques representing the funds raised during the year by the members for the Captains Charity.

A cheque for 2,000 euros was presented to Ana, Vice Principal of the Secundária Jorge Correia School in Tavira and a second cheque for €1,500 to Manuel Martins of Santa Casa

da Misericórdia Tavira.

Pictured left to right are Ana Vice Principal, Tony McHale Captain, Fatima Pires, Snr. Manuel Martins and Brenda Smith Lady Vice Captain.



Dr John Piper MB, BS, FRCS

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Two reclining treatment chairs presented to the children's day treatment centre at Faro hospital

Two separate charitable organisations have each presented a reclining treatment chair to Faro Hospital for use in the Children's

Day Centre. The organisations involved are The Friends of São Brás (as distinct from the Friends of the Museum), and Almancil

Rotary International Club.

Children and young people up to the age of 16 are treated at the Centre, where they stay for sev-

eral hours, but not overnight. The chairs are comfortable and can be extended to take the length of a young adult. Many youngsters do not wish to spend the day lying in bed and prefer to sit in the chairs to receive their treatment while playing computer games, watching DVDs or listening to their music centres.

The photographs show Keith Johnson and Peter Hinze from Almancil International Rotary Club; and Mel Farrell, Joan Martin and Diane Warrington from The Friends of São Brás presenting the chairs at the Centre.

The association, Friends of São Brás, has already presented the Day Centre with a portable DVD player and a video games player, which can be operated by four children at one time.

In addition, each organisation is buying a laptop computer for the use of young patients attending the Centre or admitted as in-patients to the general children's ward.



Two separate charitable organisations have each presented a reclining treatment chair to Faro Hospital for use in the Children's Day Centre

Algarve company directors enthusiastic about airport privatisation

Regional entrepreneurs that make up the AHEATA association (Hotel and Tourist Resort Association of the Algarve), which is presided over by businessman Eldérico Viegas, have shown their interest in becoming candidates for Faro airport's privatization, as well as defending the need for a second airport to take shape in the Western Algarve.

Eldérico Viegas has confirmed that the group of successful entrepreneurs are willing to form a sort of 'pooled' board to take over should the airport become privatised.

This possibility is as a result of a similar stance taken by the chief executive of the Sonae group, Belmiro Azevedo, who last week confirmed that officials were looking into the possibility of forming a private entity to give a more 'modern management' to Oporto's Sá Carriero airport.

Eldérico Viegas criticised how national continental airports have to support the deficit created by the Azores' air-

port, defending the privatization of Faro airport as a solution, as well as creating a new airport for low-cost airlines and private jets, in the Western Algarve.

For this Portimão's Penina airport has been put forward for adaptation, to accommodate Faro's ever-growing traffic, as extending the existing Faro airport would be virtually impossible.

Around five million passengers per year currently use Faro airport, which is situated on the protected Ria Formosa natural Park, near a residential urban area, which makes expansion very difficult.

Teachers protest in Faro

Three thousand teachers protested against the policies of the Minister of Education Maria de Lurdes Rodrigues in what was the biggest protest seen in Faro for the past two decades.

The parade/demonstration, led by Mário Nogueira, coordinator of Teachers National Federation (FENPROF), took place along a 200-metre stretch between the Municipal Theatre and Algarve's Regional Education Board (DRE) building.

This Saturday another protest is set to take place in Lisbon, called the 'Indignation March', and it should have the biggest turnout of teachers ever in the capital, outnumbering October 2006's march that brought together 25,000 protesters.

Teachers' union chief Mário Nogueira says there is a mass movement heading towards Marquês de Pombal in Lisbon, exemplifying Viséu where there are twenty full buses scheduled and probably double the amount will will up.

"These protests mean the teachers are fed up" he stated, referring to the new rules of evaluation and school management as



Teachers protest with teachers union chief Mário Nogueira (centre), alongside general secretary for FENPROF on March 4th in Faro. (Photo: Luís Forra / Lusa)

"anti-democratic", the instigating factors for the protests.

During his intervention at the

DRE/Algarve building the union director contested rumours that the demonstrations were only endorsed by union members and

teachers from a determined social sector, guaranteeing teachers from all political parties were angry by the Minister's policies.

EN 125 to undergo renovations

The construction of new secondary routes in Lagos, S. Lourenço (Almancil), Faro and Olhão have been identified as priorities for the CCDR/Algarve (Coordination and Regional Development Commission) in the Algarve region.

According to the President of CCDR, Faro will be the first city to undergo road works on the EN 125, between Faro and Olhão,

subsequently traffic will not be forced to travel through the city centre to get to the eastern parts of the Algarve.

"It is an essential construction for those who travel east bound and has a fundamental importance for Tourism, allowing people coming from the airport to go to eastern parts of the Algarve" he stated.

The routes near Lagos, São

Lourenço and Olhão have long been awaited by local populations and councils to divert traffic from the centres of towns/cities.

More roundabouts are predicted to stop dangerous left turns crossing the main road and the prohibition of advertising on the sides of the roads will also take place.

The renovation of the EN 125 will take ten years, the CCDR said.

€100,000 stolen outside Vilamoura bank in broad daylight



A worker from a hotel in Vilamoura, on her way to Millenium bcp bank to deposit cash takings, was robbed of €100,000 by two hooded individuals.

This robbery is said by locals to be one of many that occur on a regular basis in Vilamoura - taxi drivers and businessmen say that around ten to twelve vehicles alone are burgled a week.

Loulé Mayor Seruca Emídio, in response to complaints over a lack of security, has asked for video surveillance to be set up around Vilamoura marina, which he admits will "not resolve all the problems, but could

help in the fight against criminality".

He has also requested police backup in the area, but this has been apparently rejected, "as the GNR claim they do not have adequate human resources".

And while official crime figures show a drop in crimes, Mayor Emídio, in comments to the Lusa News Agency, explains: "People feel it is not worth filing a complaint."

Faro Mayor reveals riverside projects

José Apolinário, Faro Mayor, has unveiled future plans for the riverside area of the Algarve capital.

The construction and renovation will occur in several areas of Faro's riverside, such as Portas do Mar pier, Bom João Industrial Zone, near Hotel EVA, the docks walkway, the riverside park and access to Faro beach.

Faro Council recently approved the concession to Expo Park for the planning of the riverside front, which should be finished by the end of the year.

Algarve's first citizen 'shop' opening in Faro

Expected to open this year in the Municipal Market of Faro, the new so called shop or 'Loja do Cidadão', with a budget of one million euros, will occupy around two thousand square metres of the first floor of the market.

According to a source at AMA (Administrative Modernization

Agency) the space will have enough proportions for the installation of multi-service counters, such as 'lost and found'.

It will also provide specialised service counters from private and public entities as well as Faro councils' helpdesk.

Faro Mayor said it will serve as an "anchor shop" that will make the six thousand square metre first floor profitable.

With a total cost of €23 million the mayor admitted the new market has been one the city's main concerns over the last year.

Albufeira voted best place to live

A study conducted by the Behavioural Technology Institute (INTEC) evaluated the quality of life in eleven councils from north to south of Portugal over the last month and ruled that Albufeira was the best place to live.

Studying several factors that create a good city, Albufeira shone in various aspects of the study financed by weekly newspaper 'Sol'.

In the economy and workforce area it took second position, first place in diversity, tolerance and security, third in infrastructure and transport,

first in Tourism, fourth place in education and training, fifth place in environment and when it comes to happiness Albufeira is placed second in the country.

Albufeira's strongest point is tourism, an area where it has been investing seriously over the last couple of decades.

Albufeira Mayor Desidério Silva, speaking after the findings of the study were published said: "Despite the results leaving me satisfied, I cannot help to identify some issues, such as the health services, where we need people to look at Albufeira with more attention".

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A government losing control?

SIR, We recently sent this letter to the British Prime Minister, Gordon Brown:

'Dear Mr. Brown,
My husband and I are becoming increasingly disturbed and concerned about what appears to be going on within the present government. In recent months there have been the 'cash for honours' scandals; misuse of MPs allowances; unrecorded party donations; loss of personal data from a government department; other personal records from a government department found on a traffic island and on a rubbish tip; references from employees in jobs requiring security or confidential matters not being checked out; child benefit being paid to Polish families who already receive it from Poland; benefits being paid to the families of known terrorists; lack of records of dangerous criminals on their release from prison and constant misuse of the Human Rights Agreement to protect all kinds of undesirables, including terrorists and violent offenders.

Then there are the OAPs who cannot afford heating as well as elderly folks with sight problems being denied treatment until they have suffered the loss of one eye. Need we go on?

Your government recently announced a proposed crackdown on those fraudulently claiming state benefits. Who is going to crackdown on MPs who fraudulently claim expenses? Why should Michael Martin, Speaker of the House, claim a second home allowance on a property with no mortgage when ordinary

folks are struggling to pay their mortgages, which no longer qualify for tax relief?

The answer, proposed by Mr. Martin himself, is to scrap the second homes allowance and award yourself (and all MPs) an extra £20,000 (30%) pay rise, leaving no necessity to disclose how allowances are misused.

This is a truly scandalous and shocking state of affairs. What has happened to the champions of integrity? Where are the trust and competence, the basic probity and honour by which those who represent their countrymen are supposed to abide?

Why should MPs expenses not be available for public scrutiny? Thankfully the House of Lords threw out a bill, which tried to prevent this. Now we know what some of them had to hide - paying a son for non-existent work and a wife to take shopping trips by taxi, to name only two.

There must be many, like us, who want to make our views known, and to demand that both you and your government govern with integrity. Why should there be one rule for 'Joe Public' and another for MPs? We are encouraging all who feel as we do to write to the papers, MPs and anyone else who may be able to influence the situation, and insist, as Tony Blair sermonised, that you all be 'whiter than

white, purer than pure.'

If that happens, electors may, in the future, be able to trust those for whom they vote to do their jobs without expecting to be financially enriched or rewarded.'

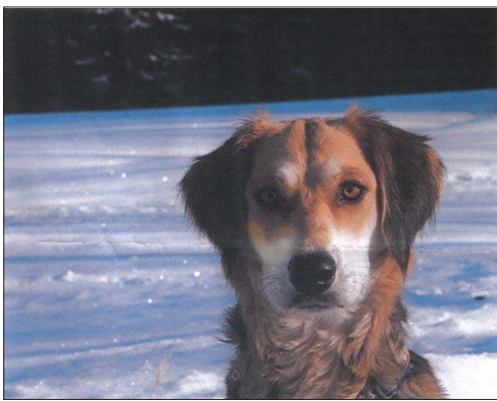
TONY & LOIS
HERRINGTON (British taxpayer), Alvor

Re: Stray Animals

SIR, What a pity a tourist holiday marred by an abandoned dog at Intermarché. I would like to let her know that animal charities here are working tirelessly for stray and abandoned animals, as much as resources allow.

Proceeds from the sale of donated items to the Ajuda aos Bichinhos Associação (A.B.A), charity shop in Albufeira allow us to help with the high costs of neutering dogs and cats in our area.

The enclosed photo shows an abandoned dog that was neutered and returned to good health, then went to a super home in the Czech



Republic, with some people that had befriended her here.

In a land where freebies are rare, Ms. Greville's suggestion of a 'free neutering service' is the stuff dreams are made of, rather like a big lottery win.

SANDRA SCOTT, Albufeira

A Senior Moment (Letters, 1st. March)

SIR, I can write and have written many intelligible letters during my business years, but this letter by a 98-year-old lady to her bank wins by a mile. What an amazing, wonderful and clear brain! Oooh am I jealous?!

ANN JORDAN, Portimão

Benefits of vegetarianism

SIR, Quite a while back one of your correspondents, Ms. Twine, championing the benefits of vegetarianism, suggested that humans could not survive long on a meat diet but of course Eskimos have done so for several millennia. In the past couple of days while skipping through a chapter full of words that might mean something to experts in human nutrition, (Lauric acid, linoleic acid, dinucleotide, nucleotides, dioxiribose etc.), I think I now know how this is possible and thought it might interest some of your readers.

In essence, our body, which needs saturated fatty acids and polyunsaturated fatty acids can synthesise the former from various molecules in the food we eat but it cannot make the polyunsaturated variety. Fortunately vegetables have them in abundance; otherwise, like laboratory animals deprived of polyunsaturated fatty acids, we would eventually die.

But where do Eskimos find them? Apparently from a species of bluefish that is able to synthesise its own polyunsaturated fatty acids! By eating this kind

of fish and predators that feed on them, Eskimos can and do survive without ever having tasted fresh vegetables. Many species of bluefish can be found worldwide but it is not a popular source of food because of its unattractive appearance and its rapid deterioration after being caught.

The amusing, item alleged to have been written to her bank by a frustrated 98 year old woman may well have appeared in The Times but, for what it is worth, I for one have received several versions of it over the past 18 months.

RON LAVERY, By e-mail

Re: The Holocaust

SIR, It's about time Ron Lavery started to seriously research the scientific evidence concerning the so-called Holocaust (Letters, March 1st edn.) rather than rely on the say so of highly questionable instructions supposedly issued by Hitler.

For instance, when Ernst Zundel was put on trial in Canada during 1985 for Holocaust denial the world's 'leading authority' on the Holocaust, Dr. Raul Hilberg, when cross examined by Zundel's defence counsel admitted "There wasn't a single shred of scientific or technical evidence - not even an autopsy" (quoted from court records) to support the claims that six million Jews had been exterminated.

PAUL JOSPEH, By e-mail

Reply to Ron Lavery

SIR, Here in Portugal we are still free to study and discuss the WW2 holocaust. Soon, if the Jewish lobby has their way, as they probably will, it will be illegal for researchers to study (and therefore by nature to "question") the accepted holocaust story anywhere throughout Europe. This is very Orwellian. What will be next? What about the Iraq War or the Israel-Palestinian conflict - will we be jailed for researching and discussing

them too? Its not "holocaust denial" to research, study, and present your findings. That's what researchers do.

Regarding the amount of Jews killed in Poland. In 1920, in the United States, a publication called The Dearborn Independent published weekly articles on what they called "The Jewish Question". These articles were later compiled into a book called "The International Jew". A few chapters are about the status of the Jews in Poland after WW1. Here are a few interesting quotes from the conclusion pages of these chapters. (Keep in mind these articles were being written in 1920.) "Jews are streaming out of Poland as speedily as they can." "There is an exodus from Poland and there is a reason for it which spells trouble for Poland." "The Jews are leaving Poland because they know something is going to happen."

Soon, I could be arrested for writing this and the editors of The Portugal News could be arrested for printing it (if they do). Why? Is this book not a part of the historical record? The book quotes from government studies presented to congressional committees in the United States and the British Parliament, also from articles printed in major newspapers and periodicals from around the world, and also from interviews with religious and political leaders of the time. Again I ask why? What do they fear? That we may start thinking for ourselves?

Regarding who bankrolled Hitler? I've read quite a bit on the subject, but, may I suggest to readers to instead educate themselves about our money system and how it really works. A great place to start is with this 47 minute video, "Money as Debt", available on the Internet at Google Video. If you've never thought about it, prepare to be enlightened.

PETER SERRANO,
Portimão

Portuguese for Beginners

Emília Rosendo

113

THIS LESSON:
The Plural of Nouns

One of the ways to form the plural of the nouns ending in **-ão** is by adding **-ões**.

Read the sentences which follow:

⇒ A **sanção** é pesada.

As **sanções** são pesadas.

⇒ Este **fogão** só funciona a electricidade.

Estes **fogões** só funcionam a electricidade.

① Write the plural:

vibração _____ **obrigação** _____

vocação _____ **certidão** _____

coração _____ **feijão** _____

folião _____ **fogão** _____

② Write the plural of the sentences below.

⇒ Esta **composição** **está** fantástica.

⇒ Estas **composições** **estão** fantásticas.

a) Esta **lição** não é muito complicada.

b) Ela cantou uma linda **canção**.

c) A **prisão** está completamente cheia.

d) O **ladrão** assaltou um banco.

e) O **camião** parou na portagem para fazer o pagamento.

f) O **aluno** respondeu prontamente à questão da professora.

g) O **travão** da bicicleta não funciona.

h) A **pensão** é muito acolhedora.

i) Que **limão** tão pequeno!

③ Complete the sentences with the correct word (in the plural) from the box below.

salão * trovão * avião * acção * anão * leão

a) A minha história infantil preferida é **A Branca de Neve e os sete** _____.

b) As crianças ficaram muito assustadas por causa dos _____.

c) Os _____ são perigosos mas muito interessantes.

d) As pessoas costumam dizer que as boas _____ valem mais do que mil palavras.

e) Os _____ são rápidos e confortáveis.

f) Os _____ de dança são normalmente espaços amplos.

President to decorate Brazilian counterpart during visit



Portugal President Cavaco Silva will award his Brazilian counterpart, Luiz Inácio Lula da Silva, one of Portugal's highest decorations during his visit to Brazil later this week, Belém Palace announced earlier this week.

President Cavaco Silva began a four-day visit to the South American nation on Thursday to participate in celebrations marking the 200th anniversary of the flight of the Portuguese court to Brazil in 1807 ahead of Napoleon's invading army.

A presidential aide said da Silva would be decorated with the Grand Cross of the Order of Torre e Espada, a decoration created by King João VI, who as prince regent fled from invading French forces

to Brazil, then a Portuguese colony. The future monarch was accompanied to Brazil by some 15,000 people in an armada of 36 ships that also carried the Portuguese government's archives and the royal library.

Belém Palaces said Cavaco Silva would also decorate Brazil's First Lady Marisa Leticia Lula da Silva and 13 other people for outstanding contributions to Luso-Brazilian relations.

TPN/Lusa

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A captivated audience!



There will be so much to do at the International Algarve Fair on 10th & 11th of May that visitors will want to stay all day (opening hours 11:00 to 20:00). Features include Motor Show, Property Show, Arts & Crafts market, Puff Park (children's adventure area) and all day entertainment. Add to this over 120 stands with everything for the home, garden and lifestyle, several international restaurants and you have a recipe for a very happy crowd.

If you have not yet booked a stand, call the Exhibition Hotline on 282 380 317 or go to algarvefair.com.



Stands

There will be over 120 stands with everything for home, garden and lifestyle. Stands will be offering advice on travel, home improvements and lifestyle, there will be lots to buy including fashions, books, art, decor, specialist foods, pets products and you can enjoy beauty treatments and health advice.

Food Arena

There will be several international restaurants in the Arena: Pizzas from Italy, Tandoori from India, Pastries and Bifanas from Portugal, Hotdogs and Hamburgers, Shell fish from Portugal, Surinam specialities, Braai from South Africa, Indonesian Cuisine and Cakes, Pies, Pasties, Sandwiches and Cream Teas from the UK, Danish open sandwiches and Slush Puppies.

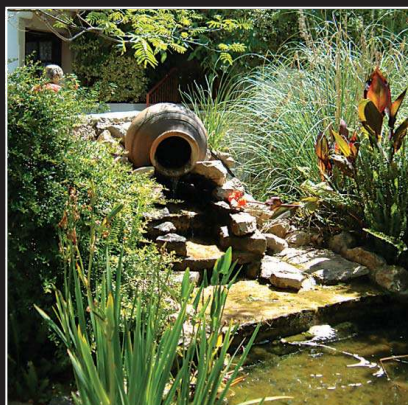


Puff Park

Children will love this adventure area with several giant inflatables. There will also be clowns, face painting and a real fire engine to explore. This year Puff Park will be located in the Arena, so parents can be close to their little ones while they eat and enjoy the entertainment.

All Day Entertainment

The lineup already includes Harp John in the garden area, the Peruvian ensemble on the grassy banks among the stands plus OO-Boop-I-do, Country Singer J.J. Johns, A Kinda Swing and Legends in the Arena.



Show Gardens

Landscape Gardeners and Garden Centres are invited to participate in **The Portugal News LANDSCAPE GARDENER Spring 2008 Award**. See page 34 for full details

Arts & Crafts Market

A dedicated section for artisans to show off their wares. Made especially simple for the purpose, spots can be rented for only 53 euros



The Algarve Property Show

This section will be situated in the Pavilion for visitors who are thinking of selling, buying, trading up, or moving to something smaller. They are invited to meet the leading agents and talk to finance companies.

Motor Show

Where visitors can see the latest models and talk to motoring experts. Also situated in the Pavilion



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A future so bright more shade is needed



As people are becoming increasingly aware of the damage the sun's rays can cause, Oz Shades have developed a product that not only protects one's health, but also creates a stunning focal point for the home, being an object of beauty as well as a functional, cooling shade sail.

The difference between Oz Shade sails and regular canopies, awnings, sunshades, etc. is that Oz Shade sails actually cool the area they cover as opposed to merely blocking out the sun. In other cases, shades (i.e. plastic or canvas) can actually increase the temperature in the area they cover, whereas the temperature beneath the specialist Oz Shade material is significantly cooler.

Jonathon Wickham started this exclusive shading business in 2002, inspired by similar products in Australia, where he once lived with wife Catherine.

From that point on he knew he had a powerful and innovative concept to introduce to Portugal.

Jonathon says it has not been easy setting up the business in Portugal, because Oz Shade is a pioneering product for which there were no established procedures, a precedent product so they set standards themselves.

Sticking to the tried and tested approach of quality over size or

quantity (though both have been achieved harmoniously in Oz Shade's warehouse, where everything is manufactured), these sails don't just look good; they are made for strength and longevity. Cables used for tying down the sails are industrial-strength yachting cables. Specialised shade fabric, imported from South Africa, is cut to size on the premises. Portuguese companies are subcontracted for steel work, putting money back into the Portuguese economy.

These sails are relatively unique in Europe, probably the strongest and most versatile in the world, usually outlasting the house itself. All material has a 10-year guarantee and the Tenara stitching (the best thread available on the market) has a 12-year guarantee.



Shades nowadays are lifestyle products; in Portugal people spend a lot of time outdoors and a good shaded area is essential in any household.

Creativity being their strong point, no area is too complex, too small or too angular to fit a shade. With the assistance of a high-tech 3D software programme, problems are resolved with ease. Also, any adjustments the client requests will be done to their satisfaction. So far, all customers in Oz Shade's extensive portfolio are very happy customers, with word of mouth marketing (and some advertising) taking their products across the country. Not only can Oz Shades be seen in residential and commercial properties, but also in exclusive resorts, government buildings, and village streets. They're everywhere! Clients include the Tivoli Marintel Vilamoura and Val d'El Rei Hotel, Lagoa. For more information contact: (+351) 282 968 322, 914 950 111, fax: 282 968 324, or e-mail: info@oz-shade.com. Alternatively, see their website: www.oz-shade.com



Bounce your way into spring and back-flip through summer



Spring is here in more ways than one. The winter is over and perhaps, more importantly, trampolines are now available from games specialists F.J.North. They are great fun, healthy for you, and not as costly as some might imagine.

The laughter and the benefits they bring are more than just psychological.

Did you know, every time you land, your body is subjected to twice the force of gravity; this strengthens the musculoskeletal system and helps to prevent osteoporosis.

Like all aerobic exercise, jumping can help you to lose weight and build muscle; but there is also evidence to suggest that it can improve circulation and boost your lymphatic system.

The feeling after a first 10-minute bounce (during which most people will laugh non-stop), has been compared with having an 'internal spring-clean'.

They really do get you fit. Although if an adult, F.J. North recommends that if you haven't been on a trampoline before you users take time getting used to it.

Trampolines give an all over body workout, and warming up

is highly recommended.

As with any structure you use in play in the garden, the risk of injury has to be respected.

When F.J.North deliver and assemble the trampoline, you will be given written guidelines on how to get the most from your new equipment in the safest way possible. Please be advised, that trampolines, if installed incorrectly, can be dangerous.

All trampolines must be installed on flat earth or turf and not on patio or tiled surface. All F.J.North's trampoline prices include professional and safe installation in the Algarve, water-proof foam safety pads, safety net enclosure, cover, ladder and tie down kit.

Their trampolines are 'ALL-WEATHER' circular trampolines.



lines. They have galvanised steel tubular frames and springs, which come with a 'no quibble' three-year warranty against rust-causing failure and a one-year warranty on all other parts.

The jumping mat is heavy duty and UV protected.

Sizes available are 8ft - €525, 10ft - €625 and 12ft - €725 and remember these prices include delivery, assembly and IVA.

To purchase your trampoline or to view and tryout a fully assembled model, please call Suzi on: (+351) 912 264 905.

Mucky Mutts Mobile Dog Grooming



Mucky Mutts originally launched in Northern Ireland in March 2000 and was the first mobile dog-grooming business of its kind throughout that country.

The original concept came from Australia and is basically 'mobile dog washing' taken a step further!

Adam (owner & groomer) saw the opportunity to import this fantastic idea to Europe and after extensive training and professional qualifications he put his ideas to work and quite simply has never looked back.

Back then in Ireland Mucky Mutts was such a novelty that both Radio Ulster's Gerry Anderson & BBC1 Northern Ireland News gave free coverage to highlight and promote the new venture.

The business has now been a success for the past eight years. Customers have remained loyal over the years and love the convenience and professionalism of their service, not to mention the delight of maintaining a home that doesn't have that unwanted 'doggy smell'.

One of the biggest advantages is that dogs appear to be much more content when groomed literally 'on their doorstep'. The mobile service removes all the stresses of being locked in a cage in a grooming parlour, and alleviates any upset caused by bark-

ing dogs or an unfamiliar environment.

A further advantage is that the hassle of transporting 'dirty pets' or pets that do not like to travel by car is completely removed; they are washed and groomed just outside their home. Those busy with the modern stresses of life, elderly clients and especially people without transport are big fans of the mobile salon.

Presently Mucky Mutts' services are expanding across the Algarve. Although based in Praia da Luz, the company will be travelling and providing their services from Sagres to Faro.

The complete professional grooming and clipping service

(all breeds catered for) includes coat trimming, a warm hydro bath, a specially formulated shampoo and flea rinse, turbo drying, nail cutting, ear cleaning, and glands.

Please contact Adam by telephone to discuss your requirements as prices depend on size and breed of pet, condition of coat, location etc.

Mucky Mutts are more than happy to answer any questions you may have regarding their service and will give price estimates over the phone.

For more information, call (+351) 913 529 852, or e-mail: mucky.mutts@hotmail.com. Alternatively, see website: www.muckymutts.com.



Breeze through the summer with Mister Cool



Air conditioning is an essential item in homes during the hot Algarvean summers, and Mister Cool can deliver the freshness you need. They also have solar panels, refrigeration, undertake general maintenance, pool construction, heating, and covers.

Telmo Rodrigues opened Mister Cool alone as a garage-based workshop eight years ago.

It progressed into a thriving business and is now run from a sophisticated showroom, with a team of five (four technicians with two vehicles plus the showroom secretary), who work all across the Algarve.

The technicians are fully qualified to carry out the most challenging tasks, always able to finish a job swiftly leaving the customer happy and willing to call them again for their professional and friendly service.

Mostly selling air conditioning units, solar panels and pool heat pumps, Telmo Rodrigues says nowadays more and more people are opting for better quality items; generally for two reasons, first they are cheaper to run, and second because they are more environmentally friendly.

Fujitsu, Daikin and General are their best selling air conditioning units.

Reliable and silent, they also

come with the best guarantees, ranging from two to three years.

Daikin air conditioning units have an easy one-year payment plan with zero interest.

Mister Cool also offers his regular customers easy payment plans, where clients can leave a deposit and pay in two or three instalments.

companies, who call him for his experience in the field and also the honesty shown by him from day one.

Expansion to a warehouse is the next goal for Telmo, with sales increasing the shop does not have enough space to keep up with the demand.

Although the shop is open six days a week, Telmo is available anytime for emergency call-outs, sometimes having to sacrifice a quiet weekend to keep his customers happy.

If a customer is satisfied with the service provided, his reputation expanded by itself.

Located near the Elephant Carwash in Lagoa, the showroom is open weekdays from 09h00 to 18h00 and on Saturdays they close at lunchtime.

So, whatever your needs Mister Cool can deliver, do not hesitate to give them a call for a quote or information on (+351) 282 381 364 or speak to Telmo directly on 917 175 818.

E-mail: mistercool_telmo_rodrigues@hotmail.com.



PROPERTY

An 11 page weekly guide to the latest and the best properties on the market in Portugal • The *Portugal News* • 8 Mar 2008

PROPERTY OF THE WEEK

A palatial property built for a king



Located in the heart of Vale do Lobo, on the fringe of the prestigious golf course's 18th hole, this beautiful, brand-new four-bedroom mansion will not fail to impress even the most discerning house-hunter. Absolutely no expense whatsoever was spared on building, finishing or furnishing, resulting in the crème de la crème of Vale do Lobo's villas.

Double solid-wood front doors, medieval in style, open into a lavish entrance hall, from where



twin staircases climb grandly up either side to the first floor.

Beautifully polished marble flooring gleams underfoot throughout the entire house; stylish double-glazed windows with decorative mock stained glass complement the high ceiling and add character.

Straight ahead from the entrance hall is a large, sunny lounge/dining room, an elegant room, with a contemporary aesthetic fireplace and a series of patio doors that offer views to the garden and pool terrace and, beyond, onto the green of the 18th hole, to which there is direct access.

The whole house is fitted with the most modern underfloor heating and cooling technique available, an innovative system that uses liquid cooling, avoids air currents, and creates optimal ambient temperatures all year round.

From the lounge/dining room, on the right there is a fully fitted

kitchen, comprising elegant granite worktops, top-of-the-range integrated appliances, and modern down lighting.

To the opposite side of the lounge are two large guest bedrooms located in a wing of their own.

All four of the villa's bedrooms have built-in wardrobes



and en-suite bathrooms, styled with the most modern sanitary ceramics and top-quality finishes.

On the first floor there are two master suites and, directly from the landing, passage to an expansive terrace. Both bedrooms also have their own doors to this shared area, which boasts delightful views of the golf course.

Both of these main bedrooms are of very good size, and one has a sumptuous corner bath and a walk-in shower in its en-suite bathroom.

From the ground floor a staircase descends straight into the

basement and garage, which is, in effect, one of the property's main selling points.

The basement is a huge area, offering maximum potential to accommodate future buyer's needs thanks to the number of rooms it comprises and the extra space it offers. At present it consists of 2 storage rooms, a laundry room, a gym area with a sauna and a separate shower room, and a fully equipped room ready to become a home theatre. There is also an additional room that could easily become a games room, a home office, or an extension of the gym.



The high spec of the villa's construction continues down here with underfloor heating and thermal and acoustic insulation. Furthermore there is a garage with space for two large vehicles and a golf buggy.

Outside there is a beautifully maintained garden, professionally landscaped and of low maintenance. The swimming pool is heated and uses salt water.

Security is provided via electric gates, electric shutters on all windows and patio doors, and a high-tech video surveillance system.

The price of this property is presently set at €2,950,000.00. This includes a full furniture package courtesy of a professional interior designer (negoti-

able). For more information, contact Keith Jolley at Algarve Eden Properties on: (+351) 289 399 818, mobile: 964 456 022,

e-mail: aep-sales@algarve-eden-properties.com, or see website: www.algarve-eden-properties.co.uk.



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Vilamoura

Situated in a quiet area, 2 bedroom apartment composed of 2 bathrooms, lounge with fireplace, kitchen and terrace. Communal swimming pool and garden area. Exterior parking space. Furnished and equipped. Construction area - 97 sq.m.

Ref: A1140 Price: € 175,000



Vilamoura

Attached villa composed of 3 bedrooms, 3 bathrooms, lounge with dining area and fireplace, equipped kitchen, storage, laundry room, various terraces and roof terrace. Exterior parking area, communal swimming pool and garden area.

Ref: V12548 Price: € 350,000



Vilamoura

Spacious apartment composed of 4 bedrooms, 3 bathrooms, lounge w/ dining area, equipped kitchen, storage and large terraces. 2 parking spaces and storage in the basement. Communal swimming pool and garden area. Const. area - 190 sq.m.

Ref: A1232 Price: € 475,000



Pêreiras

Beautiful villa composed of 4 bedrooms, 4 bathrooms, 2 lounges, dining room, kitchen, storage and laundry room. Swimming pool and garden. Plot area - 5.080 sq.m. Construction area - 380 sq.m.

Ref: V12446 Price: € 995,000



Parragil

Beautiful and spacious villa composed of 4 bedrooms, 6 bathrooms, lounge w/ fireplace, dining room, equipped kitchen, laundry room & terraces. Garage & barbecue. Swimming pool & garden. Sea view. Plot area - 2.100sqm. Construction area - 500 sqm.

Ref: V12549 Price: € 1,200,000



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www.algarve-property-search.com

Tavira: 281 320 281
Vilamoura: 289 301 294



Tavira

Modern, three bedroom / two bathroom villa with garage in a gorgeous setting, just a short drive from Tavira, with good road access. Spacious living room, large fully fitted and equipped kitchen, roof terrace. Constr. 189m2, Plot 2480m2, built 2005.

Ref: LHV-940 Price: € 375,000



Sta Barbara de Nexe

Well-designed 3 bedroom / 2 bathroom villa on a central and beautiful private location with many mature citrus trees. Good road access. L-shaped lounge 35m2, office, double garage, plot 7200 m2. Constr. 183 m2 + 71 m2. Built in 2007.

Ref: LHV-978 Price: € 460,000

WANTED



Good quality properties

If you are the owner of a good quality property and wish to sell,

please contact us to arrange an appointment.



Moncarapacho

Exceptional, cared for, 4 bedroom Quinta style property on a sheltered plot with lots of different fruit trees. Large living room, big open plan kitchen, lovely garden / terraces for al fresco dining. Constr. 247 m2, plot 1510m2, built in 1998.

Ref: LHV-973 Price: € 550,000



Moncarapacho

Exclusive villa (T4) with guest cottage and swimming pool located on a large fruit producing estate. Comprising of 4 spacious bedrooms all with en-suite bathroom, top of the range kitchen and lot of extra's, cov. area 688m2, plot 40.700m2.

Ref: LHV-904 Price: € 2.400.000



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Casa Italiana, Loja 5,
8125-479 Vilamoura



Vila Sol

5 Bedroom / 4 Bathroom large detached villa located at Vila Sol golf resort offering air-conditioning, lounge with fireplace, private swimming pool surrounded by landscaped gardens & BBQ.

Price: €1,200,000 / €827,000



Vilamoura

****Exclusive to Silver Holidays****

3 Bedroom / 2 Bathroom "Fully Furnished" single story villa with private swimming pool located in a quiet area with easy access to the marina and beach via the road train that stops nearby.

Price: €395,000 / €272,000



Vilamoura

****Exclusive to Silver Holidays****

3 Bedroom / 2 Bathroom detached villa offering a sunny terrace with private swimming pool. Located within a few minutes walk of the new Hilton Spa resort, the villa also offers a garage with sauna.

Price: €550,000 / €379,000



Vilamoura

****Exclusive to Silver Holidays****

Beautiful 2 Bedroom "Fully Furnished" apartment located on a nice complex at the Old Village. The apartment offers air-conditioning, underground parking & storage & has a nice balcony overlooking the swimming pool & gardens.

Price: €315,000 / €217,000



Vilamoura

3 Bedroom townhouse with private swimming pool, garden and roof terrace located on "Rua do Brasil" with easy access to the old village, marina and beach.

Price: €340,000 / €234,000



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Salicos

Two bedroom apartment w/ established garden & very private BBQ area. Communal pool. Desirable location close to Centianes beach. Lounge w/ wood burner, modern kitchen, u/floor heating in bedrooms, ideal for rental or permanent occupation.

Ref: A-237 Price: € 250,000



Carvoeiro

Walking distance to beach and village centre. Two bedroom apartment, one bathroom. Good size lounge / dining area. Open plan kitchen. Balcony. Very neat and very clean.

Ref: A-236 Price: € 135,000



Carvoeiro central

Luxury apartment on the third floor composed of 1 double bedroom, one single, lounge / dining area, modern kitchen + bathroom, large south facing terrace, elevator, parking, security. Close to beach and shops.

Ref: V-239 Price: € 97,000 (only)



Centianes

Immaculately maintained apartment with magical sea view. 2 large bedrooms w/ own bath & / or shower room. Spacious kitchen / dining area. Lounge leading to big veranda. Apartment is heated & furnished. Pool, tennis court, covered parking. 2 mins walk to beach.

Ref: A-238 Price: € 170,000



Near Silves

Charming detached farmhouse on 1,200 m² plot. 2 double bedrooms, shower room, spacious lounge / diner. Equipped kitchen w/small pantry. Large covered patio. Nice garden. Air con, wood burner, garage / workshop, utility. Space for pool, own borehole

Ref: V-351 Price: € 269,000



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- Golf Rights
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P934V

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- 2 Bedroom, 2 Bathroom
- Superb Golf Course Views
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- Close to Main Facilities
- Golf Rights
- Communal Swimming Pool

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P989T

**Parque da Floresta**

- 2 Bedroom, 2 Bathroom
- Open Living/Dining Room
- Fully Furnished
- Roof Terrace
- Golf Rights
- Communal Swimming Pool

€415,000

V462T

**Parque da Floresta**

- Fractional Freehold
- 3 Bedroom, 2 Bathroom
- Games Room
- Luxuriously Furnished
- Golf Discount
- Swimming Pool & Garden

€230,000 Quarter Share

V464LV

**Quinta de São Roque**

- 3 Bedroom, 2 Bathroom
- Fully Fitted Kitchen
- Underground Parking
- Terraces
- Golf Discount
- Communal Swimming Pool

€310,000

R624A

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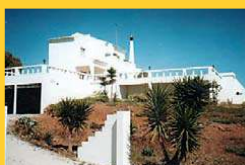
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www.estealgarve.com**House Neighbourhood Altura**

Situated in the country-side in a quiet location, 5 kms north of Altura and 10 kms from Vila Real and 10 mins. drive to golf-course, this 3 bedroom house, with borehole, garage and large terracing around the house is surrounded by 1.700 m² of land. EA 050 HNA Price: € 285.000

**Villa Altura**

Comfortable 2 bedroom villa w/ garage, presently converted into bedroom w/ shower-room, air con., mains gas, built in 2004, situated in small urbanization within walking distance to beach & shopping possibilities. Covered area of 115.39 m² with lovely patio area. EA 051 VALT Price: € 238.000

**Villa North of V. Nova de Cacela**

4 bedroom villa built in 1989, in need of some TLC, approx. 10 kms from Vila Nova de Cacela, 12 kms from Manta Rota & beach, 5 kms from Monte Rei golf-course, surrounded by 2.095 m² of mostly fenced land, large swimming pool (12 x 6 m) and 2 garages. EA 052 VVNC Price: € 435.000

**Apartment Cabanas**

Exceptional 2 bedroom apartment built in 2002, w/ a total area of 138 m² incl. lovely terrace areas w/ uninterrupted views of the lagoon & Cabanas' beach, on the top (2nd) floor, in Cabanas' centre w/ its varieties of pubs, restaurants & access to public transport. EA 053 ACAB Price: € 210.000

**Building plot Altura**

Situated within an attractive urbanization, 1,5 km from Altura and the beach, 5 kms from the golf-course, this south facing plot of 414 m² overlooking an orange grove is ideal for a villa with swimming pool. EA 054 BPALT Price: € 150.000



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www.bonaulda.com**Calico (Olhão)**

Lovely 3 bedroom villa close to small golf hotel in the area of Moncarapacho. Nice adult garden w/round pool. Consists of an old farmhouse renovated & extended w/2 living rooms & 1 bedroom in the ground floor & 2 bedrooms in the 1st floor. The property is sold completely furnished including the garden tools. Ref. 1711 Price: € 470.000

**Fuseta (Olhão)**

Townhouse in Fuseta built 1977 keeping the original style, only 5min walk to the beach. Composed by the ground floor with kitchen, living room and at the 1st floor with 2 bedrooms, office, WC and a roof terrace with an additional room. Ref. 1703 Price: € 200.000

**Santa Maria (Tavira)**

New 2 bedroom apartment in the 1st floor situated in a residential & very calm Urbanization. Constituted by bedroom, suite, living room w/ balcony, half-equipped kitchen, hall w/ storeroom, bathroom & parking w/automatic gate & access to interior of building. Ref. 1700 Price: € 126.000

**Pinheiros de Marim (Olhão)**

New house situated in a calm urbanization. Composed of R/C with hall, common room with fireplace, bathroom, kitchen, BBQ and garage; and in 1st floor: 3 bedrooms, bathroom and storeroom. Ref. 1698 Price: € 239.000

**Aldeamento de Marim (Olhão)**

Lovely ground floor 1 bedroom apartment in nice urbanisation close to lagoons & islands of nature park "Ria Formosa". Communal pool area w/ bar, tennis court & gardens. Kitchen, living room, bathroom & balcony, partially furnished. Garage & storeroom in basement. Good rental investment. Ref. 1664 Price: € 85.000



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- Lovely views to the coast
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Ref. V950
Price: € 880.000**Moncarapacho**

- New villa in a quiet area
- Country views
- 3 bedrooms 2 bathrooms
- Garage & store room
- Garden
- Villa 180m² plot 680m²

Ref. V1017
Price: € 426.000**Central / East Algarve**

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**Carvoeiro**

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- Beachfront & ocean views
- 3 bedrooms 3 bathrooms
- Large pool 12m x 6m
- Landscaped garden
- Villa 250m² plot 1.224m²

Ref. V1071
Price: € 1.200.000**Moncarapacho**

- Superb large quinta
- Separate guest house
- Total 6 beds, 5 baths
- Large indoor pool
- Tennis court, garage
- Bldgs 505m² plot 44.480m²

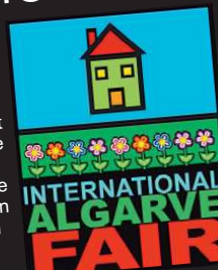
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Albufeira

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Vale do Garrão

A high class 5 Bedroom Villa. Located at Villas Alvas, between Vale do Lobo & Quinta do Lago. High quality materials. Fully equipped kitchen. Central heated. Air conditioned. All the appliances & modern technologies. Garden. Swimming pool. BBQ & parking area. The best location for your investment. Ref:137LLE-M Price: €1,250,000



Estói

Massive 5 Bedrooms Villa (CA-450 sqm, Plot-10080 sqm) located in Azinheiro (Estói). Panoramic country & sea views. Swimming pool. Garden with auto irrigation system. Central heating system. Air conditioned. Fully equipped kitchen. High quality finishing materials. Ref:177FAR-M Price: €1,675,000



Goldra

Majestic 3 bedroom Villa located at Goldra, in Stª Bárbara area, on top of hills, w/ beautiful sea views. Probably best location in area. Comprised by kitchen, living & dining rooms, 3 bedrooms, 3 bathrooms, all en suite on main villa, plus 2 independent apartments (all fully equipped) in the basement. South-facing. Ref:161FAR-M Price: €1,050,000



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Ref. A82047**

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**VILAMOURA - PINHAL
Ref. V71778**

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OPPORTUNITY Top Price: €549,000.

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Ref.: S246



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- ★ MONCHIQUE AREA. S23. Huge villa with self-contained apartment with 2 bedrooms, sea views from the distance, pool, garden, terraces, lovely countryside, €550,000.
- ★ MONCHIQUE AREA. S76. Composition of 4 houses with total 5 bedrooms, pool, 180m² living area, terraces, on 2.200m² land, €200,000.
- ★ CARVOEIRO AREA. S226. composition of 3 houses, two already refurbished, cliff front with beaches, 275m² living area, 1.800m² plot, €539,000.



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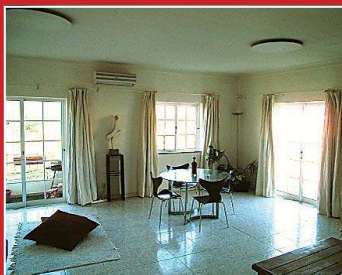
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OPPORTUNITY Top Price: €250,000.

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Ref.: ST261



Unique Townhouses in Different Areas

- ★ VILA DO BISPO. ST233. 3 bedrooms, 140 m² living area, patio. €189,000.
- ★ LAGOS, MEIA PRAIA. ST182. 2/3 bedrooms, lovely sea views. From €360,000.
- ★ ALVOR/PORTIMAO. ST268. Exclusive resort, 3 bedrooms. From €250,000.
- ★ ARMAÇÃO DE PÊRA. S266. Quiet, huge house, ideal for home with income, sea views. €425,000.
- ★ ALGOZ. ST295. Very quiet area, 2 bedrooms and mezzanine for extra space. €199,000.
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(Photo: Press Association)

Don't move, improve!

With the property market in a spin many of us will put off a move and decide to stay and improve. We ask the experts for advice on adding value to homes.

Uncertain house prices, spiralling living costs, and the threat of recession could all mean the 'property boom' of the last decade is over.

Experts predict that buying and selling homes will become increasingly difficult as the credit crunch bites.

But that doesn't mean you've lost out on your dream home, because, guess what? You could already be living in it.

It's amazing what improvements can achieve - whether they're investments such as a new kitchen or bathroom - or simply giving your home a spring facelift with a lick of paint and some new accessories.

And you might be surprised to find that you're probably not using the space you have. Recent research by Yorkshire Bank found that while housebuyers stretch their finances in the pursuit of more room, most end up not using it.

The poll discovered that one in four people had at least one room that remained largely unused - usually a spare bedroom or dining room, lying empty until Christmas.

Gary Lumby, head of retail for Yorkshire Bank says: "While location still tops the charts of 'must haves', space is now the new frontier. However, once we've got it - and in most

cases paid a premium for it - we don't often use it the way we intended.

"So instead of moving house every time they need more space, a significant number of people are looking at houses they can grow into and extend."

Making a home more comfortable and desirable - and ensuring all the space works hard - so it's more enjoyable to live in can't be a bad move. Also, it'll pay dividends if you finally decide to put it on the market.

Follow our guide to adding thousands to your home's value and turning it into your perfect property.

Gabrielle Fagan

FIRST SMARTEN UP

"The biggest mistake people make is not keeping their house in good condition by carrying out regular maintenance, says celebrity builder, Tommy Walsh, who's a DIY advisor to Wickes.

"Keeping up with repairs is vital, not just so that it's comfortable to live in, but also, if you decide you want to move, then its condition will really count.

"If prospective buyers see

leaking pipes and flaking paintwork they'll worry that other more major jobs - like subsidence, damp patches and cracks - have also been neglected - potentially landing them with big bills if they buy your property."

TOMMY'S TIPS: Do the basics - ensure drains and pipes are working properly, and there are no leaks in them or the roof.

Grab Kerb Appeal: If you can't afford to repaint, wash

down exterior woodwork, downpipes and paintwork. Treat exposed timber like gates and fences with preservative.

For top tips on home DIY projects and advice on getting the best out of tradespeople there's a new Wickes booklet, How to Cope with Building Works, available at its stores nationwide or downloadable from www.wickes.co.uk

THINK KITCHENS

A smart kitchen can send the price of your home rocketing, according to research by Halifax. It found that 29% of would-be buyers regarded a newly-fitted kitchen as the most value-adding improvement, with the National Association of Estate Agents estimating it can add 21% to value.

Homeowners are now so fashion conscious about kitchen style that, in general, they renovate the room every three to five years.

But if you're seeking the right style, bear in mind that the trend is for kitchens to double as family rooms if space allows. So opt for wood finishes and coloured units to achieve a warmer and less sanitised look than the industrial style of a few years back.

Jim Barnard at Wickes says: "More than ever the kitchen is the heart of the home with two thirds of us saying we prefer to socialise and entertain in the kitchen - rather than the living room or family room."

TOMMY'S TIPS: Splurge on the worktops for your kitchen so they make a visual statement and good quality will ensure they last. Granite or marble, or even concrete, are in vogue but laminate can also impress and ideally opt for a specialist in worktops, rather than buying from the store where you buy your units.

Tiling ranges have hugely expanded in recent years and the choice is enormous. Coloured glass tiles are currently particularly fashionable, especially teamed with glossy white units.

BATHROOM BLITZ

Once a dreary, cold place for a wash and brush up, these rooms are now all-singing all-dancing sanctuaries where we relax and unwind. So much so, we now spend as much on bathroom furniture as we do on bathroom suites.

Designer Linda Barker says: "Doing up a bathroom will really benefit a property. It should be more than a white suite - think about creating a spa effect - low

voltage ceiling lights and a set of plush towels could transform that room.

"And spend time sourcing the right basin, there's a great range of styles out there to give your room an individual look, and teamed with great tiles - glass or stone - your room will have individual style."

TOMMY'S TIPS: Choose white sanitary ware because it never dates and if you've got the

space a free-standing bath is a luxurious look.

Never carpet a bathroom, it's impractical and looks wrong. Stone tiles or lino is ideal - ceramic tiles can be slippery - and it's well worth investing in underfloor heating. Cast iron or brushed steel baths keep water hotter, although as they're heavy you probably need a builder to fit.

Avoid tiling the entire bathroom, or using emulsion with a sheen as you may suffer from more condensation problems.

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Ref.: S257



Detached Villas & Homes with Income in Different Areas

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- PADERNE AREA**, S197. Main house with 2 bedrooms and guest house with studio, pool, garden, terraces, lovely views. €295,000.
- MESSINES AREA** near lakes, S275. Huge country house, 5 bedrooms on 20,000m² plot, 225 m² living area, pool, garden, terraces, beautiful views. €795,000.
- MONCHIQUE AREA**, S190. Huge property, 6 bedrooms, 15,000 m² plot, several guest houses, 550 m² living area, Spacious pool with island, sea views in the distance. €749,000.



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To prune or not to prune...



Pruning is a fear for many novice gardeners - when to do it, how much to trim off and the risk of either losing this season's flowers or losing the plant completely.

Many use their secateurs cautiously, snipping off bits here and there, but you must remember that shrubs and trees will produce more flowers, fruit and vigour if you do the job properly. And most deciduous shrubs can be left for a couple of years until they reach their full size, apart from removing weak, damaged or diseased branches.

So, which plants do you need to prune in spring?

Most faster-growing deciduous trees and shrubs which flower from early summer should

be pruned in early spring, before growth starts. These include buddleia and fuchsia. Other plants which should be pruned now include hydrangeas and modern rose bushes.

Shrubs such as buddleia can be pruned hard, before growth starts. Cut back old wood hard to a low bud, to encourage new growth which will bear flowers in the same year.

It's a good idea to write specific pruning instructions on the label with the plant's name, for easy reference.

Don't prune anything now which flowers in spring and early summer or you will lose this year's flowers. The flowers are produced on shoots, which developed during the previous growing season, so these flowering shoots should be cut back as soon as flowering has finished, to allow new shoots to form.

You should have left the flowerheads on hydrangeas over the cooler months to add winter interest but now's the time to give them a late deadheading, snipping off the top of stems carrying the old flowers, taking them back to above the top healthy green bud. Don't prune them too hard or at other times of the year, or they won't flower.

Most evergreens, including conifers, only need a summer shape-up with shears if necessary (or in spring, if they are summer-flowering). Slow-growing shrubs such as hibiscus

What's in store

Madge and John Measures

Now that we have had plenty of rain it is a good time to think of planting trees, shrubs and hedges that need deep holes. Moreover, fruit trees should preferably be planted in holes that have a thick layer of good farmyard manure in the base and are up to one metre square.

Nerium oleander more commonly referred to as Oleander is often used as an attractive bushy hedge. There are many colours ranging from white through yellow and apricot to peach, pink and red. The flowers in most cases can be either single or double. In southern Iberia the native single pink one is found grow-

ing in small waterways that usually dry up during the hotter summer months, although the ground by their roots does remain moist throughout most of the year.

Flowering from spring to autumn they do make a very attractive display when planted in groups or hedges of the same colour. Each colour does have a different form and speed of growth. They will grow without supplementary watering during the dry months but flowering will then be for a shorter period. Grow in a sunny position and do protect if frost is expected. Do remember that all parts of the plant are poisonous.

Lantana camara is a strong growing shrub that can make an

attractive hedge with all the colours that range from white and yellow through the pinks and multicolours being used with effect. As the plant can be clipped down to half a metre in height it makes a very attractive border for an entrance driveway. It does prefer to be grown in a sunny situation in a well drained, moist soil mixture. It can attain a height of up to two metres with a similar spread, but can easily be kept within bounds by periodic pruning. It flowers from spring through to late autumn or even longer depending on the temperature. It, like the previous shrub, should be protected if frost is forecast.

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and azaleas need little pruning. Of course, as with all shrubs, you may find the odd branch, which sticks out, which you can shorten to tidy up the shrub at any time of the year.

If you inherit a garden with overgrown shrubs, cut out a third of the oldest stems in winter or spring, feed and mulch well, and continue the process for three years until all the old stems have been replaced.

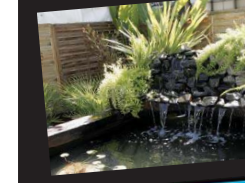
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Hannah Stephenson

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*not the Chelsea Flower Show, but the Algarve's best!

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'Euphorbias - Probably The Best Garden Plants In The World' on Tuesday, 18th March, at 7.00pm at the Auditório de the Convento de São José in Lagoa. The talk will explain some of the natural history of Euphorbias, their botany, and detail some of the most desirable species and cultivars with suggestions for planting associations. Details from Rosie Peddle Tel: 289 791 869

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A plumb job

Unless you're a very experienced and competent DIYer, plumbing jobs are usually best left to the professionals because you can cause a lot of damage if things go wrong.

Unless you're a very experienced and competent DIYer, plumbing jobs are usually best left to the professionals because you can cause a lot of damage if things go wrong.

However, some plumbing tasks are relatively straightforward, such as plumbing in a dishwasher or washing machine.

It goes without saying that these appliances need a supply of water and electricity. They also need to stand on a level, firm surface and be close to an internal soil stack or outside wall.

Washing machines used to connect to both hot and cold water supplies (red and blue hoses respectively), but many now work with just a cold supply. Dishwashers also only usually need a cold supply.

The waste hose belonging to your washing machine has to discharge into a waste pipe or trap above the top of the drum, and one solution is to hook the hose into the top of an open standpipe with a P-trap at the base.

From here, the waste should run into the soil stack or outside to a hopper head or gully. The air gap at the top of the standpipe stops dirty water getting back into the washing machine.

Some water companies insist on a standpipe and some washing machine manufacturers recommend one, so check with yours, but, if not and if the layout of your kitchen or utility room allows for it, it's simpler to put the washing machine by the sink and change the trap for the sink to a washing machine one, which has an inlet for a waste hose.

To prevent waste water coming back the wrong way, make sure you fit a non-return valve or put a hook for the hose into the underside of the worktop, so it runs higher than the overflow from the sink.

If the hoses from the washing machine don't reach the pipes that will supply it, you have little choice but to drain and cut the pipes, install T-fittings and run branch pipes to the washing machine that terminate in mini stop valves. These enable you to connect the washing machine's hoses.

If the pipes are near the washing machine, you should be able to install T-piece stop valves for the hoses. Alternatively, you may be able to use self-cutting hose connectors with isolating valves, which don't necessitate draining the pipes.

Self-cutting connectors can't be used with all washing machines so make sure yours is suitable first.

You obviously want a tight seal between the connector and the pipe and the way to do this is to clean the relevant area of the pipe using wire wool or, if the pipe's painted, remove the paint.

Before fixing the connector in place, ensure that the saddle assembly's rubber seal is in the right place. Then put the backplate behind the pipe and the saddle over it so you can align the screw holes. Now screw the saddle assembly around the pipe (and screw the backplate into the wall, if required).

Ensuring that the valve is positioned 'off', screw it into the

saddle, turning the valve until its body is at a right angle to the pipe, which should enable you to turn it off and on with ease.

To secure the valve in place, you tighten the retaining locknut with an adjustable spanner, being careful not to move the valve.

Finally, you need to connect the supply hose to the valve. To do this, screw the capnut on to the threaded outlet and tighten it.

With a dishwasher, there's usually a mini stop valve connecting the cold water supply pipe to the dishwasher's hose. This enables you to isolate the dishwasher without turning the water off. The waste hose is usually connected to a washing machine trap underneath the sink.

As with any DIY task, if at any time you're in any doubt about what you're doing, stop and call in a qualified plumber. Never take risks with water or electricity.

Julia Gray

QUICK FIX - short answers to tricky questions

Q: I'm about to put up some shelves: can I put them anywhere?

A: No, you must first check that it's safe to do so, ie that there are no pipes or electrical cables in the wall where you're about to drill. You can buy (inexpensive) detectors specifically for this. Some also detect studs, which are useful if you want to put up heavy things like shelves.

Q: I've moved my washing machine from the cellar to the kitchen but the electrical socket for it is above the worktop and the washing machine is, of course, below it. How do I get round this?

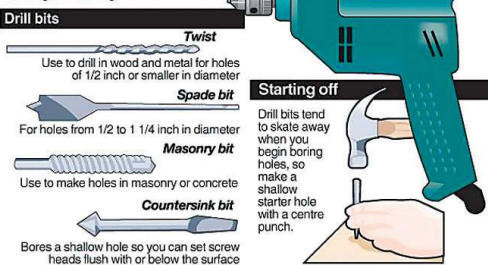
A: This is a common problem and the usual answer is to run a spur from the socket to a switched fused connection unit above the worktop. From the connection unit, you'll need a cable to an unswitched socket below the worktop for the dishwasher. So you know when the dishwasher is switched on, the connection unit should have a light. Get a qualified electrician in to do this work for you.

Follow the safety drill

You won't get far doing DIY without power tools. They don't have to be expensive but they make doing up your home much easier.

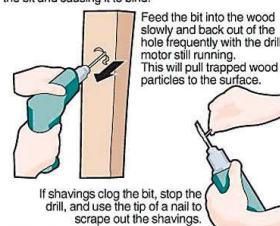
Drilling tips

Before using an electric drill, or any power tool, ensure that the plug, wire and casing aren't damaged. Don't wear loose clothing, in case it gets caught up. Keep your hair out of the way. Wear goggles for masonry and metal work and a dust mask for sanding and sawing.



Drilling into soft wood

When drilling deep holes into thick material, wood particles build up in the hole, clogging the bit and causing it to bind.



Drilling ceramic tiles

Wear goggles when drilling, as tiles splinter easily.



And while you can get power tools that aren't entirely necessary - electric tape measures, for example - many are essential, especially an electric drill, either corded or rechargeable.

Here are some of the basics you need to know before using one.

Electric drills should come with a selection of drill bits but if you do a lot of DIY, it's a good idea to buy a separate set of bits.

Many jobs require a specific-size bit - when you're putting up shop-bought shelves, for example - and it's cheaper in the long run to buy a set of high-quality bits rather than buying them individually as and when you need them.

Drill bits can be fitted in different ways, depending on your drill. One way is to spin the chuck open and place the bit in the jaws, tighten it up and then check that the bit is in a central position.

Alternatively, your drill may have a keyed chuck, for which you use a chuck key to loosen and tighten the jaws for the bit. Use all three key positions to secure the bit and check it's not loose before you begin drilling.

You'll always need the chuck key to change the bit so keep it in a safe place, preferably with the bits or drill.

Some drills have a keyless chuck, which you tighten by hand. With this type of drill, it's best to turn the drill on for a few seconds to check that the bit's sitting centrally in the jaws.

Unless it's something immovable, such as a wall, you should clamp down whatever you're drilling into a workbench so it doesn't start moving when you start drilling.

If you can't do that, at least get

the body of it at 90 degrees to the surface you're drilling into.

Always put the drill on a slow setting when drilling into metal. It's also a good idea to mark where you want to drill with a punch so the bit doesn't shoot across the metal when you begin.

When it comes to drilling through holes, clamp a piece of scrap wood underneath what you're drilling into to get clean exit holes.

To drill into concrete, brickwork and blockwork, you need a sharp masonry drill bit and you should wear goggles to protect your eyes from the dust.

Again, hold the body of the drill at 90 degrees to the surface and once you've started drilling, don't force the drill in because it will start overheating and the bit will get damaged.

It helps to keep removing the bit from the hole to get rid of the dust.

Drilling into ceramic tiles - when putting up a towel rail in your bathroom, for instance - can also be difficult because the bit tends to slide across the tiles. The trick here is to put a piece of masking tape over the spot where you want to drill, mark the position of the hole onto the tape and then drill as normal.

If you're worried about drilling in general and the drill being too powerful, get one with different speed settings so you feel more in control.

Before using an electric drill, or any power tool, ensure that the plug, wire and casing aren't damaged.

Don't wear loose clothing, in case it gets caught up, keep your hair out of the way and wear goggles for masonry and metal work and a dust mask for sanding and sawing. This is essential if you're cutting up MDF.

Always put safety first, whatever type of DIY you're doing.

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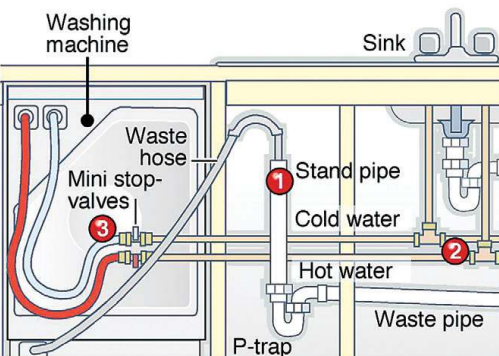
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Plumbing in a washing machine

If the machine's hoses won't reach existing supply pipes T-fittings, branch pipes and mini stop-valves will need to be installed.

If the supply pipes are close to the machine, you can fit T-piece stop valves, or you may be able to use self-cutting connectors with isolating valves. These are easy to install as no draining of the pipes is necessary.



A typical washing machine installation:

- 1 The waste hose is hooked into a standpipe with P-trap.
- 2 Hot and cold water pipes have been extended using T-fittings to reach the supply hoses.
- 3 Mini stop-valves allow the machine to be isolated without having to cut off the water supply.

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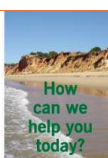


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Lisbon airport passengers up almost 10 per cent

In February, the number of passengers using Lisbon airport rose by almost 9.6 per cent in comparison to the previous month, January, translating into a total of 872,077 passengers.

According to figures from ANA – Airports of Portugal – the number of cargo movements has also risen by 6.8 per cent in February this year, when compared to February of 2007, having processed 6,873 tonnes of cargo.

The most significant increases in passengers appear to have taken place in the British and Brazilian markets, which grew by 32.7 and 19.6 per cent, respectively.

A 5.7 per cent rise in Spanish passengers also made up a significant part of the overall growth. On the opposite end of the scale, passengers travelling on domestic flights, fell by 9.3 per cent.

Of the five most popular destinations – Barcelona, Madrid, Paris, London and Funchal – it was Madrid and London that experienced most demand in February, with passenger figures rising by 16.5 and 15 per cent, respectively.

National carrier TAP registered a 20.5 per cent growth in demand, whilst ticket sales for low-cost airline easyJet, which inaugurated five new routes from Lisbon in the latter part of 2007 – Berlin, Bristol, Liverpool, London-Gatwick and Madrid – rose by 71 per cent.

Three hundred thousand dodge toll fees



Amongst the many unpaid fines that have been left in limbo, spilt over from last year's DGV (General Motorists Board) extinction, are some three hundred thousand fines relating to drivers using motorway toll-free fast-lanes, or 'Via Verdes', without paying.

The scenario is described as "chaotic", the main problems being the millions of fines yet to be charged and at risk of being ruled inactive, an inadequate software system, lack of resources, and mal-definition of responsibilities and competencies.

This situation, caused by the panning of the DGV as it was and its subsequent takeover by various different entities has left some €28 million in unpaid fines.

However, it has emerged the state will lose an estimated €52 million if a scenario predicted by the head of the National Road Safety Authority (ANSR) – one

of the entities replacing the extinct DGV – should come to pass and where all fines registered between 2005 and 2006 and not yet issued to the offender, will become null and void.

In an attempt to combat this situation, the Ministry for Internal Affairs has enlisted legal help to move along the many pending cases and settle the hundreds of thousands of outstanding fines.

Thirty lawyers have also been hired to make up a technical team responsible for outstanding cases. A protocol is expected to be signed in the next few days.



A total of eleven people were arrested this week and 15 fire-arms were seized by the PSP in Olaias, in Lisbon. (Photo: João Relvas / Lusa)

Crime, from page 1

The Home Affairs Minister has this week told Parliament that an additional two thousand officers will be trained starting this month. Half of this contingent will join the PSP and the other half the GNR.

The announcement came in a week where at least seven people were murdered, most of them in the Greater Lisbon Area.

Minister Rui Pereira, under fire since last year from the opposition for refusing to boost security forces, told Parliament that the increase in the police contingent to 48,000 members, forms part of the government's so-called Security Strategy for 2008, which includes a total of 15 measures.

A number of high-profile murders the past week has put security high on the agenda of public opinion.

Following several shootings in Loures, north of Lisbon, the 35-year-old wife of a television presenter was shot "execution style" the past weekend.

Police are baffled as to the motive behind her killing. She was shot twice in the chest from close range as she was parking her Mercedes-Benz convertible at her home in Sacavém.

The shooter did not take the car nor attempt to steal any of her belongings.

Similarly, a 21-year-old student, working part-time at a surf shop at the Oeiras Parque shopping centre was shot in the head in the car park after coming across a group of men attempting to steal a car.

He died on Tuesday. His killers remain at large.

There was another death at a shopping centre this week after a security guard died at Lisbon's Colombo Centre after suffering three stab wounds to the chest.

The incident occurred in an area reserved for the staff at the centre, and no images of the incident appear to have been recorded. Police, while not ruling out foul play, are investigating a

possible case of suicide.

Further north in Oporto, a police informant died after his Ferrari mysteriously exploded.

Meanwhile, and perhaps as a result of the upswing in violent crime the past fortnight, police launched a series of raids across the country.

In one particular incident, 11 people were arrested and 15 guns seized as police swooped on the Olaias suburb not far from Loures where most of the recent murders have taken place.

Police have since admitted there might be a connection between the arrests this week and the killings.

In a related story, a study published this week has shown that the sense of insecurity increased among Portuguese in 2007.

Organised crime and terrorism topped the concerns, with 71 per cent saying safety and security deteriorated during the course of 2007.

These findings are in stark contrast with government figures released almost simultaneously, which indicate that serious violent crime dropped by ten per cent last year, while murders hit a seven-year low.

A total of 135 murders were reported last year, down 30 per cent from the 194 recorded in 2006. The number for 2007 is also the lowest murder rate since 2000.

Lisbon studies re-enforcement of its Afghan NATO contingent

Portugal is considering the possibility of sending a second 15-member military team to Kabul to train Afghan forces, Defence Minister Nuno Severiano Teixeira said Wednesday.

Minister Severiano Teixeira told parliament's Defence Commission that the "possible re-enforcement" would not alter the nature of Portugal's commitment to NATO forces in Afghanistan.

Lisbon currently has a military training team, a Hercules C-130 transport plane, and a 150-strong contingent helping assure air traffic control and airport security deployed in the Afghan capital.

The minister's announcement came a few weeks before Washington and NATO are expected to reiterate calls for reinforcements in Afghanistan at an alliance meeting set for the Romanian capital, Bucharest.

MOT prices up next week

Periodical vehicle inspections, or MOTs, will, as of next week, increase in cost following the updating of the existing prices.

Cars and tow trucks will be charged an extra 47 cents, meaning the full price of an inspection has gone up to €22.64.

Lorries will pay €33.88, an increase of 70 cents.

The biggest change in price will

be noticed in 'extraordinary' inspections and inspections for new licences plate, which as of next week will cost €79.03 and €56.51 respectively.

Re-inspections on standard cars, lorries and tow trucks will cost €5.68, the re-issuing of an MOT stamp costing €2.13.

Added on to all services will be a 21 per cent IVA tax charge.

Portuguese don't walk

According to a study conducted by the European Environment Agency, Portugal is the worst country in Europe when addressing distance covered on foot per person.

An average of 342 kilometres is what Portuguese walk each year, but it is the lowest figure in the twenty seven countries of the European Union.

In the report "Climate for a transport change", Luxembourg topped the chart of

walking communities with 457 kilometres per person per year completed, in contrast with the European average of 382 kilometres.

In terms of bicycle use, Portugal did not improve much. Quercus, Portuguese Environmental Agency, quoted results obtained, "Regarding bicycles, Portugal occupies the third worst place with an extremely low average of 29 kilometres per person per year, compared to

countries with the best results in this category; their citizens use bicycles to cover, on average, 936 kilometres (Denmark) or 848 kilometres (Holland). The European average is 188 kilometres per person/year".

The study also dealt with CO₂ emissions associated to the transportation sector, Portugal again scoring badly, fifth from last, with an increase of 96% between 1990 and 2005.

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A passion for pepper

We may be cutting down on salt for health reasons but pepper is still a hot favourite for seasoning, and it deserves its success according to an expert on the spice, Christine McFadden. She explains why and gives her favourite recipes using it.

Shake that pepper, grind those corns, but whatever you do don't take this common seasoning for granted. It's led one woman on an adventure across the world to discover its intriguing secrets and power.

Christine McFadden first became fascinated with the spice as a child and at that time "couldn't imagine why grown ups sprinkled this stuff on their food" but it took the discovery of an Indian peppercorn to trigger a lifelong passion.

She says: "Like most people I used to take pepper for granted not questioning where it came from, how it grew or why some peppercorns were white and some black, while green ones were unheard of!

"But the breakthrough came in

the Eighties when I unearthed a pepper from Kerala in south-west India - far from the dull pepper I'd experienced before, this was a taste sensation with tremendous depth like good wine."

Research, including travelling to Europe and India, has revealed what she describes as "the power of pepper" and she shares it all - and delicious recipes - in her new book, *Pepper* (published by Absolute Press, priced £25).

She enthuses: "Pepper's indirectly responsible for the shape of the world that we know today. Such was its value that intrepid explorers set out on awesome voyages in search of it.

"Fortunes were built on pepper, bloody battles fought over it, and the New World discovered because of it. Pepper was liter-

ally the power behind many a throne."

Christine's researches have also led to tempting recipes, some inspired by the pepper producing countries - Vietnam, for example, is the world's top producer.

Her book contains winter warmers like Roasted Root Soup With Sizzled Ginger and Black Pepper Creme Fraiche, to Lemon Pepper Plaiice with Chilli, Black Pepper Rice, or increasingly popular quirky desserts such as Strawberry and Black Pepper Ice Cream.

One of her favourite recipes is a classic Steak au Poivre (Pepper Steak) which "allows the pepper to really shine".

Pepper pals

Christine's advice on using pepper:

Black pepper: most dishes can be improved by black pepper but it truly enhances red meat, game and fish such as sardines and mackerel.

"A hit of black pepper brings rice and pasta to life, and it's good with fish like sardines and mack-

erel. Vegetables benefit too, particularly those with a sweetish flavour such as parsnips, carrots and squash, or strongly flavoured chard and spinach."

She suggests a few aromatic black flakes to give a zesty edge to a leafy salad or a simple dish of sliced tomatoes.

"The simplest dressing of all is made with olive oil, a squeeze of lemon, sea salt and cracked black pepper."

White pepper: She believes it's clean peppery hit gives flavour to light-coloured sauces, soups and mayonnaise. She sometimes combines white, for bite, with black, for aroma.

Green peppercorns: Fresh-tasting and pungent, and also slightly lemony. They lack the strength of white and the aroma of black, but complement both.

Use to enhance light meats such as pork or turkey, or try mixing with butter and pushing under poultry skin before roasting. Mix with black, white and pink peppers as a coating for fish or meat.

Gabrielle Fagan

Steak Au Poivre (Pepper Steak)

Ingredients (Serves two)

2 sirloin steak (preferably organic, 2.5cm/1in thick)

1tbsp olive oil, plus extra for frying

1tbsp black peppercorns, cracked and sieved

1tbsp white peppercorns, cracked and sieved

Sea salt flakes to taste

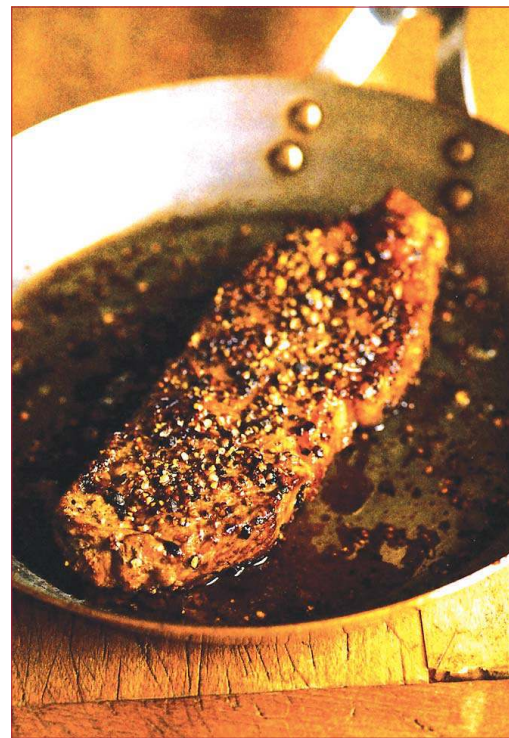
(Christine says: "An all-time classic in which pepper plays a key part. I have used an equal amount of white and black peppercorns - white for bite and

black for flavour - but you could experiment with halving the white and adding green or pink, or use black on their own. Sieving after cracking is essential for ridding the crunchy coating.")

To prepare:

Put the steaks in a shallow dish in which they will fit in a single layer. Pour over the tablespoon of olive oil and rub this all over the meat.

Coat on both sides with the peppercorns, pressing them firmly into the meat. Cover and leave at



room temperature for at least an hour, turning the steaks once.

When you're ready to cook, brush a heavy-based frying pan with a film of oil and place over very high heat. Crumble some sea salt flakes over the steaks and quickly slip them into the pan.

Sear them on each side for about one minute, then reduce the heat slightly and carry on cooking for another one to two minutes depending on how you like your steaks.

Cook's note: Trim away excess fat if you prefer. However a 1cm/1/2in margin left along the outer edge can be temptingly appetising. If you decide to leave the fat in place, cut through it (and the membrane separating the fat

from the meat) at 3cm/1 1/4in intervals to prevent the steaks from buckling during cooking.

Variation: For a retro experience, cook the steaks as above, using green peppercorns instead of black and white, and adding a generous knob of butter after the steaks have sizzled on each side.

Allow the butter to foam and brown slightly, then remove the steaks to a warm plate. Remove excess fat from the pan then deglaze over high heat with a generous splash of cognac. Set light to the cognac then swirl in the best part of a small pot of cream and any juices from the steaks.

Bring to the boil, bubble down until thickened, then pour over the steaks.

A cool drink with a hot twist!

Hot drinks don't have to mean cosy, favourites like hot chocolate - instead serve a potent cocktail with a peppery kick to banish those chills.

There are tempting drinks in

Pepper, and one of the recipes she includes, along with those for a variety of foods, is Bloody Paradise - a twist on a traditional Bloody Mary - pictured right.

christine mcfadden

pepper

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Bistro & Bar - 11.00 to 24.00

(Both closed Mondays)

Meia Praia, Lagos

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Tel: 282 762 091

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Rua Lançarote de Freitas,

12, Lagos. (Opposite the

Cultural Centre)

Tel: 282 767 234

Meu Limão Tapas & Wine Bar

Portuguese & International Tapas + full menu

Open: Daily 10.00 - 2.00am

Rua Silva Lopes, 40/42

(In front of the Golden

Chapel), Lagos.

Tel: 282 767 946

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Healthy and tasty breakfast options

The Home-Grown Cereals Authority has created two recipes which would make a tasty start to the day - Honeyed Muesli Crunch and West Country Cheddar & Onion Waffles with Lincolnshire Sausages.

Honeyed Muesli Crunch

Have a different homemade treat every day! This can be made in advance, and you can mix and match to make your favourite combinations. Prep. time: 5 mins/Cooking time: 15 mins

Ingredients (Makes around 12 portions)

Rapeseed oil for greasing
250g organic jumbo porridge oats
100g wheatgerm
150g seed mix (or 150g combination of sunflower, pumpkin, sesame and flax seeds)
½ tsp ground cinnamon, optional
150ml clear honey
100g shelled pistachio nuts
1 x 170g pack dried cranberries,

blueberries, cherries or raisins

Preheat the oven to 180°C or gas mark 4 and grease 2 baking trays with rapeseed oil.

In a large bowl mix the oats, wheatgerm, seeds and cinnamon if using. Pour the honey into a small saucepan and heat gently until thin and syrupy.

Drizzle over the oat mixture and mix well. Divide the mixture between the 2 trays and bake for 15 minutes, stirring halfway

through. Remove and cool before adding the berries and nuts.

Store in airtight containers for up to a month and serve for breakfast with milk and/or yoghurt and some fresh fruit.

Tip: Try adding ½ cup of desiccated coconut stirred through with the berries after baking.

Nutritional info: Per portion using raisins: 334kcal; 9.5g protein; 13g fat; 1g saturates; 47g carbohydrate; 28g sugars; 4g dietary fibre; 64mg sodium.



West Country Cheddar & Onion Waffles with Lincolnshire Sausages

Prep. time: 10 mins/Cooking time: 20-25 mins

Ingredients Serves: 4

6 Lincolnshire sausages
4-8 rashers unsmoked bacon
4 ripe vine tomatoes, halved
For the waffles (or pancakes)
250g flour
1½ tsp baking powder
½ red onion, finely chopped
50g Cheddar cheese, grated
2 large eggs, lightly beaten
250ml semi-skimmed milk
2 tsp rapeseed oil or butter

To prepare:

Preheat the oven to 190°C, gas

mark 5. Place the sausages on non-stick baking tray and cook for 12 minutes. Add the bacon and tomato halves and continue to cook for 10-12 minutes until the sausages are thoroughly cooked and the bacon is crispy.

Meanwhile, make the batter for the waffles. Sift the flour and baking powder into a large bowl. Make a well in the centre and stir in the onion and cheese.

Mix the eggs into the milk and pour it into the well. Season, mix well and set aside.

Heat the waffle iron and grease with butter if necessary. Once

hot, add large spoonfuls of the batter. Cook for 4-5 minutes until cooked through and transfer to warm plates. Cut the sausages in half and layer in the waffles with the bacon and tomatoes.

Tip: If you don't have a waffle iron, you can use the batter to make pancakes. Cook them in a large non-stick frying pan for 2-3 minutes on each side.

Nutritional info: per portion with 4 bacon rashers: 603 kcal; 34g protein; 27g fat; 11g saturates; 61g carbohydrate; 9g sugars; 4.5g dietary fibre; 915mg sodium.

Bloody Paradise

For up to 2 people blend together: celery salt, 1/4 tsp or to taste; Grains of paradise 1/2 tsp, coarsely ground, plus more to garnish (see below for stockists); tomato juice (best quality) 225ml; juice of one lime; 1tbsp balsamic vinegar; 3tbsp vodka (best quality); ice cubes; add 1-2 basil or mint leaves to garnish.

(Grains of paradise is part of the ginger family and the flavour

is a mix of ginger, black pepper, nutmeg and cardamom.)

Sources include: Bart Spices, Bristol - tel: 00 44 (0)1179 977 3474 or www.bartspices.com; The Spice Shop, London - tel: 00 44 (0)20 722 4448 or www.thespiceshop.co.uk; Steenbergs Organic Pepper and Spice, Yorkshire - tel: 00 44 (0)1423 326563 or www.steenbergs.co.uk

Spring clean your wines

Spring cleaning's on the horizon and it should include your wine rack.

Get rid of older, faded roses, light whites and cheap sparkling wine - these should always be quaffed

quickly and definitely aren't suitable for storing for years. If some still smell and taste palatable use white and rose wines for spritzers and sparkling wine for bucks fizz.

Give glasses a good clean as well, but never use soap on champagne glasses as the residue can turn the bubbles flat.



Food Passion is the newest restaurant in the pretty fishing village of Alvor. Located above the bank which is just by the taxi rank, the restaurant is well signed. The side entrance leads upstairs to the stylish black, white and purple contemporary European interior. Your hosts, Andy and Karina, along with their cheerful and attentive staff, offer an international cuisine at reasonable prices. There is also a children's menu. On Fridays they serve fresh fish and chips, and Sundays a traditional roast dinner. Forthcoming events include: 29th March Gourmet Winetasting - 7pm (Bookings only), Good Friday all day Easter Roast, Easter Day open for Lunch & Dinner. Book now!

O Meu Limão Tapas & Wine Bar is located just in front of the Golden Chapel in a quiet, tree-lined, pedestrian square in Lagos. Your host José welcomes you to his eatery, offering a good breakfast menu as well as tapas and fullsize dishes. Food is served all day from 9.30am to 2am. The Portuguese and international dishes are all freshly prepared by the Portuguese chef, who has world wide experience, all are reasonably priced. Vegetarians have not been forgotten and they have an excellent wine list. Situated in an ancient building, it has a light and airy Mediterranean ambience, which is enhanced by the blue and white tiles. You can choose to eat inside or outside and just relax and watch the world go by.

Smell that bread!

Want to start baking your own bread or trying out a new breadmaker? A new website at: www.freebake.co.uk has oodles of information on baking and sells a range of speciality bread concentrates including rustic, gluten free mixes, yeast, flour and bread improver. It also has non-stick flexible silicon bakeware.



Food Passion Restaurant

Exciting New Restaurant

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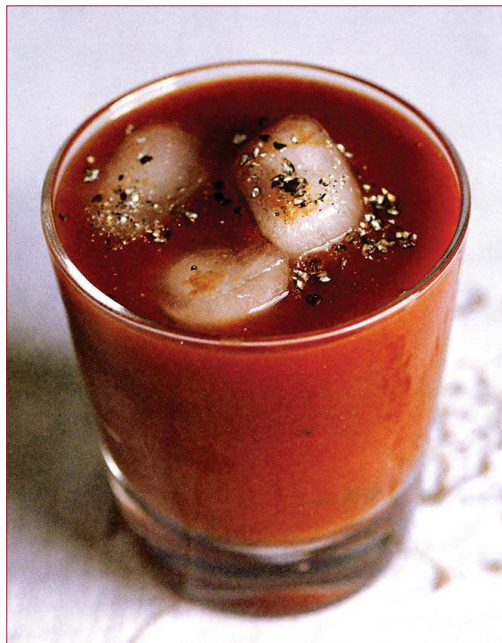
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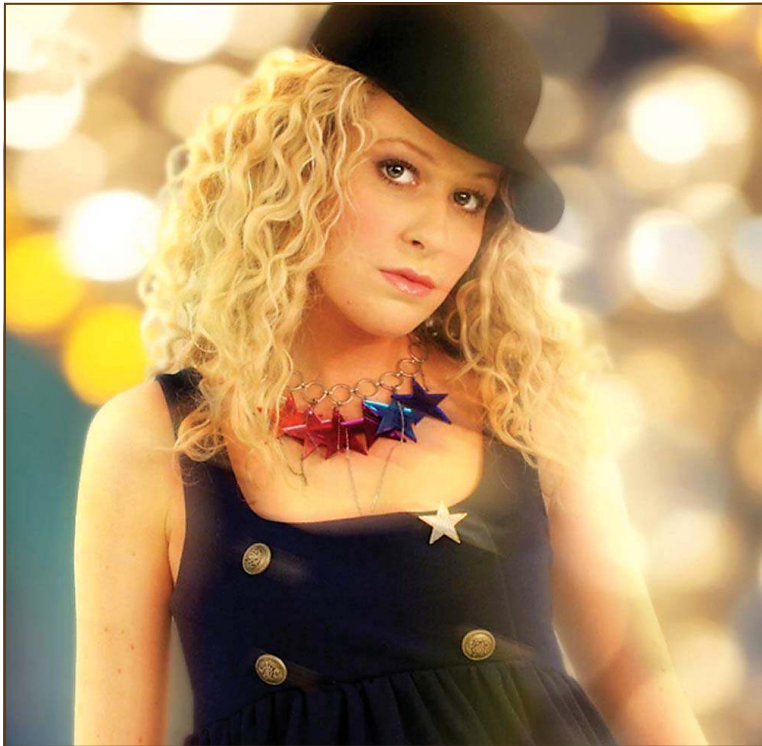
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How to look like a super star



Stars in your eyes this season? Five-point star motifs have been seen on all the best-dressed celebrities in recent weeks. We show you how to get the starry look with the high street's best buys.

When Kate Moss donned a Chanel 'star' jumpsuit complete with glam rock star-shaped face paint to celebrate her 34th birthday, the fashion forecast was clearly written in the skies.

Five-point stars are a huge trend this season. On the spring/summer catwalks, Yves Saint Laurent, Pucci, Chanel and John Rocha all sprinkled a little stardust magic over their collections. From daring jumpsuits, to classic macs, and oversized starry jewellery, this spring it's all about stars.

"Okay, so we can't all pull off Kate Moss's starry Chanel catsuit for a trip down the shops but this doesn't matter a jot," says Grazia fashion features editor, Melanie Rickey.

"The star motif is the most versatile trend we have come across in ages."

Give this print trend a starring role in your wardrobe quick-smart before it vanishes. ASOS and Topshop have both seen twinkle-style best sellers fly off the shelves faster than you can say 'shooting star'!

Day Or Night?

The real-deal stars may only come out at night, but in fashion land, anything is possible.

Melanie says: "Star print can be perfect for the day, as well as evening wear."

Look for casual star print tees, hoodies and cardigans that should add some shine to your casualwear.

Star print frocks can also be worn dressed up or down, so don't just reserve



Star Buys

Before you transform your wardrobe into a scene from a Patrick Moore stargazing session, stop right there. Peruse star fashions wisely and choose just one or two key items to work the look - minus the overkill.

"This is not a trend to go for wholesale," Melanie warns. "Just one accessory and one clothing item with star appeal will do."

Access Accessories

Those who have stars in their eyes but just can't see them working in their wardrobe can still tap into the trend with accessories.

From earrings, bracelets and necklaces, jewellery has really been given the star treatment. Forget spending £500 on Emilio Pucci's must-have oversized star necklace. You certainly don't need a telescope to search for the high street's big selection of super starry bargains - they're everywhere.

Star Hints

If you want to the world to know you're loving the star trend, embrace big bold prints. To simply give a subtle nod to all things starry, invest in subtle, starburst-styles instead.

Star prints work best on black or navy fabric for a sophisticated look. Buy into stars on a bright coloured background and you're in danger of entering teen-style territory.

If you do want to work some colour into your starry prints, make them multicoloured as seen at Emilio Pucci's show. The designer paraded bright star-print flouncy dresses down the runway - perfect for the summer months.

Love experimenting with prints? Put your most daring fashion foot forward and mix star and stripe prints for the all-American girl look. Chanel used clashing prints to team a star monochrome mini dress with a red and white stripe blazer.

Lisa Haynes



Beauty Spots

Heel-y Good

This season heels are taking a surrealist twist. Put a spring in your step with Fullcircle's footwear, where you'll find quirky wedge heels. The new Iceberg collection, including Tempest, Krystle and Alexis, has a distinctive surrealist semi-wedge shape.

Visit www.fullcircleuk.com for stockists.

10 years Younger Avon

Avon is looking Ten Years

Younger with the help of Nicky Hambleton-Jones. The straight-talking TV presenter has been appointed Avon's new beauty expert.

Nicky said of the new partnership: "It's a really inspirational brand to be associated with and I'm always impressed with the quality and value of Avon's products as well as the sheer variety and diversity which means there's something for everyone."

Love Your Layers

If you're one of the 44% of women in the UK with layers,

show off your hairstyle to its full advantage with Pantene's new Pro-V Enhanced Layers collection. The two haircare and four styling products should help you define your layers - and maximise your style - minus the hefty hairdresser's bill.

Lip-smackingly Creamy

Practice that pout. Bobbi Brown's new Creamy Lip Colour will leave you with super-kissable lips. Better still, the shea butter formula leaves your lips soft and moisturised. Creamy Lip Colour comes in 14 different shades, from Pink Ballet to Dark Chocolate.

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Help! I've turned into my mother!

You swore it would never happen, but after giving your mum the same cardigan she gave you this Christmas, you've realised you have become your mother! Grumpy Old Woman producer Judith Holder reveals the early warning signs.

You swore it would never happen, that in no way would you ever be as monstrous, flabby, controlling or petty as her. And for a while you did well, paving a path completely unlike hers and rebelling like a good girl, until the morning you looked in the mirror and realised that the saddlebags, under-eye circles and general grumpy demeanour staring back at you were her very own.

There was no avoiding it now... You had become your mother!

"She's your first role model," sighs humorist Linda Sunshine, who wrote *How Not To Turn Into Your Mother* [Andrews McMeel Publishing] before realising she'd already committed the deed. "She teaches you about love and life and how to take care of things. So at the end of the day, it doesn't matter what you do: you're going to wind up just like her."

Having spent the Christmas holidays with mum, it's quite likely that you've found yourself doing the same exact things that she always did. Did most of your shopping from the Lakeland catalogue? Got hot and bothered about home-made bread sauce that no-one eats anyway? Ran around the house cleaning and then found yourself too exhausted to properly socialise?

"It's written in our genes," giggles Judith Holder, stand-up comic and producer of BBC Two's *Grumpy Old Women*. "It's a chromosome that comes into its own in our early 20s and slowly becomes more and more dominant, loaded with all this

genetic information that's been lying latently, just waiting to come out.

"Your radar suddenly becomes very sensitive to clutter, dirtiness, things that need doing and things you can control. Things that when you're young you just don't notice."

And sometimes it takes becoming a mother yourself to fully realise why your mother is the way that she is, as Judith found.

"The turning point was very specific for me," she explains. "The moment I had a baby, my whole world changed. It was like peeling off a mask and suddenly realising what my mother had been through. I understood what all her anxiety was about, realised how high the stakes were."

But women who haven't had children are just as likely to catch 'Becoming Your Mother Disease', as Linda unfortunately found, when her own incubation period came out of the blue.

"When I was growing up my mum listened to nothing but Frank Sinatra - it was all she would play," she explains. "So of course I hated Frank Sinatra."

"And then one day, in my mid-20s, I found myself passing a record shop and had this urge to go in and...", she gulps, "buy a Frank Sinatra album. That was the day I realised I was doomed."

"I was deep in therapy and trying very hard not to be like my mother," she explains with a resigned sigh. "And I had this idea that I'd write a book about it."

"I was afraid to tell my mother about it, though, thinking she'd be offended, so I took her out to lunch one day and bought her a martini. I said, 'Mum, I have to tell you something: I've written a new book and it's called *How Not To Turn Into Your Mother*'. And she just laughed and said, 'Oh, you're always writing about me'."

Linda can laugh about it now, she continues: "There are two ways to look at it - there's the bad stuff you inherited and the good. My mother was a wonderful story-teller. In a group she was the one who would captivate everyone with her stories and I grew up to be a writer. So along with my thighs - which I can't stand - I also inherited the ability to tell stories."

But Judith has found that becoming her mother is just the beginning.

"I'm into Phase Two now, when you become your father," she says, "You get fussy about your car, you want to build a shed, you're always hungry - and you have the moustache to prove it."

The Tell-tale Signs

1. You drive like her

"Whenever we went out," says Linda, "my mother would inevitably get lost. She always thought she knew where she was going, but she never did. And now of course I end up with the same little piece of paper in my hand, looking out the window muttering, 'Where am I?'"

2. You dress like her

"I bought a winter coat the other day," says Judith, "a beige one. I brought it home, put it on and stood in front of the mirror, then realised with horror that my mother has one just like it. It's nearly identical. I hate it now."

3. You cook like her

"She'd always take terrible shortcuts," sighs Judith. "She'd make bread and butter pudding without any of the right ingredients and it would be disgusting and deflated. And of course I also multi-task and get distracted and burn it all. Just like her."

4. You complain like her

"My mother would complain to shopgirls, huffing and puffing in the shops about the seams on skirts and their 'terrible workmanship'," says Judith, "and I'd think, 'How embarrassing! How can she be so bossy and demonstrative?'"

Now I do the same thing with the same words: 'shoddy', 'unacceptable', 'inexcusable'. I am my mother's twin."

5. You dance like her

"When the music comes on," says Judith, "we end up dancing the same, swaying side to side in a hippy-hippy-shake-shake move. And when we have



You swore it would never happen, that in no way would you ever be as monstrous, flabby, controlling or petty as her. And for a while you did well, paving a path completely unlike hers and rebelling like a good girl, until the morning you looked in the mirror and realised that the saddlebags, under-eye circles and general grumpy demeanour staring back at you were her very own. (Photo: JupiterImages / Press Association)

a tippie, we both say 'Ooh, it's gone right to my head'. We can nearly do it in unison. It's frightening."

6. You travel like her

"I have the sort of slippers that I can go outside and take the washing in with," says Judith. "They're nothing frou-frou. They're serious slippers, just like mum's. I've even found myself taking them on holiday with me. Very bad."

7. You clean like her

"Because I'm so obsessively tidy like her," says Judith, "I need the house to be spic and span on Christmas morning. How awful is that? I get the Hoover out and hear my own daughters saying, 'Oh for God's sake!' very loudly, in precisely the way that I used to at my own mum."

8. You send your husband out on idiotic missions like her

"My mum used to send my father out on Christmas Day saying, 'Don't come back until you've found satsumas with the little green leaves on'," sighs Judith, "and I would think, 'She's just a mad cow, isn't she?'. And now I find myself saying, 'Ooh, satsumas with green leaves...they'd look nice in a bowl, don't you think, darling?'"

9. You collect things like her

"Little balls of string, I collect those now," says Judith. "I used to be furious when my mother did this, save up bits of wrapping or brown paper, tear the Sellotape off things to reuse and parcel something up. Terrible."

10. You make life hell like her

"The ultimate insult when I

was a teenager was, 'You can't go out in that: you look common'," giggles Judith. "And I never, EVER, thought I would say that. But I did, just the

other day. 'That skirt is too short,' I said to my daughter. 'It makes you look common.' I nearly fainted."

Kate Hodal



Have you noticed that you have started to clean like your mother? (Photo: Press Association)

HOW NOT TO TURN INTO YOUR mother

FOR THE WOMAN WHO LOVES HER MOTHER. BUT NEVER FOLLOWS MOM'S ADVICE

Linda Sunshine

How Not To Turn Into Your Mother by Linda Sunshine, published by Andrews McMeel Publishing..

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Fit for love?

Spring is almost here and romance is in the air. Take this 'romance test' to find out if you're fit for love, and follow our health tips to ensure your inclinations last more than one day.

You've organised a candlelit meal, thought about a gift, and are convinced that all your romantic plans will fall into place. But those gestures will come to nothing unless you're fit for love, and that means taking an emotional health check.

Whether you're trying to woo a new date, or wanting to spoil a partner it's vital that your expectations are similar to those of your loved one and that you're truly in tune with one another.

Relationship expert and Relate counsellor, Denise Knowles believes one of the most common mistakes people make is to heap too much expectation on one occasion. "A lovely romantic evening shouldn't be regarded as the be all and end all," she says. "Romantic gestures needn't be confined to one day as affectionate loving actions throughout the year are key to a healthy relationship."

"Many men don't realise that

ships healthy and fit will reap the benefits with a sexy, fulfilling love life."

Follow our guide to getting fit for romance and wooing:

NEW LOVE

Denise advises: "Be realistic about what you want from a new romance, and ask yourself what you want from a partner, what are your needs and what are your boundaries."

"Then take a mental check on the other person's qualities, and try to assess whether their strengths and weaknesses are compatible with your own. Really thinking that through will make you feel more secure and confident about what you need and expect which is a much healthier way of approaching a relationship."

All that passion and lust can leave you reeling, but bear in mind it will be the 'honeymoon' period of the relationship which has a

survival. Try to analyse what went wrong, look at your own faults as well as the other person's in the old partnership and try not to repeat a 'dating' pattern."

LONG TERM LOVER

Don't assume just because you're in an established relationship that you know exactly how to push those romance buttons.

Denise says: "It's easy to take a partner for granted, and assume everything is ticking along fine but you should always make sure that satisfaction is not one-sided." She suggests looking at when you last sat down and talked to one another about what you were feeling, your hopes, or difficulties and joys in your life.

"Many people assume that it's sufficient to talk to each other about the routines of life, paying bills, looking after the house or concerns about the children. In fact it's actually vital to regularly tune into your partner's feelings about things and allow him or her to know about yours. As time goes by our tastes, opinions, and attitude to life can change maybe in a subtle way or even dramatically and a partner needs to be aware of that."

"You may be surprised what you learn. For instance what you dismissed as your partner being grumpy could relate to a problem at work that he's not disclosed. Or you may find out the trivial that he/she doesn't like a certain food any more. Those superficial differences and changes can contribute to a distance growing between you, and that's how misunderstandings and resentment can build."

Her advice is that those conversations should be happening at least every few weeks as a brilliant way of keeping your relationship fit. And if you're not talking on that level? She suggests:

"Ask yourself why. It's easy to blame a busy lifestyle and maybe you do just need to make time for yourselves as a couple, but ensure that it's not because one of you wants to avoid intimacy for some reason. Talking and listening to one another is an essential ingredient for a 'fit for love' relationship."

SEX VERSUS LOVE

Attitudes to sex can vary be-

tween the sexes, which often leads to misunderstandings within relationships. A recent study found that 60% of women believe kissing is more important and fulfilling than sex.

Denise says: "I wish I had €1 for every woman who has said 'I need to feel loved to make love' while often a man will say in puzzlement 'I show her I love her by making love to her'. In general women need more of an emotional connection, whereas this may not be so high on the agenda for men."

To keep a sex life healthy she advises: "Making proper time for this side of your relationship is extremely important. Love and sexuality need to be nurtured. If little has been done about this over the rest of the year, Valentine's Day can easily be a damp squib in the bedroom department. If that happens it can lead to disappointment, resentment and the whole cycle of neglect and confusion is set off again."

"Don't get into the blame game. Maybe if there are problems make Valentine's Day a starting point for a new approach. Try to take the expectation and pressure off the occasion. As it falls on a weekday this year, and that means couples will have work or family commitments to fulfil the next morning, why not instead schedule a romantic evening for the weekend when you can both relax? Arrange for the kids to sleepover with a friend or a relative so you can have the home to yourselves."

TIPS FOR ROMANTIC PRESENTS

Dawn Gay, relationship editor for the online site village.co.uk says: "Don't just go for the predictable roses and chocolates gesture. There are all sorts of ways to please someone and they don't have to cost a fortune."

She suggests: "If you're on a budget give hand-made 'tokens' that entitle them to treats over a month; for instance, a night out with their friends while you babysit, breakfast in bed every Saturday, or taking over a chore you know they dislike for a week."

Showing imagination and spontaneity ensures you score highly in the romance stakes, and Dawn says: "Presenting your partner with a card containing rail or plane tickets for a surprise break away could be a hit. But do give your partner enough time to plan for it, especially if you have a family."

Recall the romance of your early courtship. "Text her and ask her to meet you at the restaurant where you proposed (make sure you book!) or the bar you first met."

Alternatively, hide tiny gifts



in your home so she has to hunt for them. Dawn says: "Those thoughtful, caring gestures will win hands down over a takeaway and a bunch of flowers."

Other ideas include arranging a 'blind date' with your partner - pretend to be strangers and 'court' each other all over again - or taking a day to reminisce about the early days of your relationship, going through photos and recalling what first attracted you to each other.

You could also make a new memory - try out an activity which could add another dimension to your partnership and possibly give you a new interest or hobby you can enjoy together, eg yoga, kite surfing, or a sport.

Finally, simply get an early night and cuddle close. Experts believe that close physical contact while you sleep helps raise your levels of the sex hormone, oxytocin.

DON'T BE TOO TIRED FOR ROMANCE

Studies by a supplement manufacturer, found that snoring took priority over seduction, while around 40% admitted they're too worn out to cook and would pick up a takeaway rather than conjure a candlelit meal.

Rita Stoffaneller from Wassen Coenzyme Q10 said: "Research clearly shows that a lack of energy affects all areas of our lives, including relationships. Busy lifestyles mean we are more likely to be deficient in nutrients which boosts our energy levels."

BEDROOM PROBLEMS

Around 52% of men in their 40s have trouble maintaining an erection, and it can occasionally affect younger men in their 20s and 30s, causing embarrassment and distress which may affect the health of their relationship, says Paula Hall, a leading sex and relationship psychotherapist.

"As with any age-related condition, there are various preventative measures men can employ to counter ED and to take control of their sexual health. Staying fit and eating healthily, building self-esteem and taking a daily supplement, can all help to restore natural sexual spontaneity and reduce the stress associated with it."

Those with concerns should visit their GP as the problem can be a symptom of certain conditions and there are treatments available.

Natural supplement Prelox contains a combination of L-Arginine, an amino acid associated with sexual arousal, and Pycnogenol a pine bark extract with circulation boosting properties. Available from Holland & Barrett in the UK, independent health food stores, and www.prelox.com. Alternatively Sage Healthy Man is a nutritional supplement containing ginseng and guarana and claims to boost male sex health and virility. Supplied by Nutricentre: 00 44 (0)20 7436 5122. Bursting with Health: 00 44 (0)1253 623 752, or sageorganic.com

Gabrielle Fagan



women operate on a points system - a bunch of roses on Valentine's Day equals one point, but a single bloom every day for a month, even a flower from the garden, is a staggering 31 points. That doesn't necessarily mean you have to splash out if you can't afford to because a hug, a compliment, and doing something thoughtful each day will be just as appreciated."

She advises that people should regularly give their relationships and their sex life an MOT. "Just like a car a relationship needs to be maintained and looked after otherwise it can start to develop lots of niggling faults and eventually break down."

"Couples who take the time and trouble to keep their partner-

time limit. You will also need to focus on the person's qualities and character to make sure he or she matches your needs for the longer term."

Denise says: "We all have a tendency to get bowled over by the feeling of first 'love' but don't dash into a relationship just on the strength of that. He or she may have all the physical qualities that turn you on, but that's not sufficient for a successful partnership."

Also she warns: "If you've just come out of a relationship and are heading for a new one be especially careful. Taking 'baggage' and unresolved issues into a new romance won't be fair on you or your new relationship, and could impact and reduce its chances of

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'Black dog' of depression that can

One minute Sally Brampton was a high flying success, then - after a series of life events - she found herself on a crippling spiral down into depression, alcoholism and attempted suicide. Now back on her feet, she says depression is the forgotten illness, believes most of us suffer from a mild form and reveals how to cope if you are a sufferer.

It has been described as one of the biggest disabilities, diseases or burdens across the globe and is known to affect more than one in six Britons at some point in their lives, although the real figure is undoubtedly much higher.

Although it is more often associated with the lonely, the elderly, the impoverished and those who are struggling with their circumstances, it can also attack the rich, the successful, the famous, or those at the peak of their career with all the trappings of a desirable life.

At its worst, it's fatal, driving sufferers to take their own lives. But despite its power, this is still something people will shy away from discussing.

We're talking about depression, erroneously seen as the illness of the weak, the feeble and the self-pitying.

It's for this reason that one sufferer - a successful Fleet Street journalist, novelist and former editor of top women's magazines - decided to break the code of silence.

In her book, *Shoot The Damn Dog*, Sally Brampton gives a harrowing account of her descent from a woman who travelled the world comfortably alone, could browbeat the toughest of media moguls and socialised with the celebrity elite, to someone who could barely function, even when

anaesthetised by alcohol or prescription drugs, wept uncontrollably, attempted suicide and had spells in psychiatric care.

Today, a bright and attractive 52-year-old, she says: "Most people think of themselves as pretty confident in their life and I certainly did. I had many things I counted myself blessed for, but yet it happened to me and I don't really know how."

"Everything became meaningless, the things that gave me pleasure no longer did. I couldn't be bothered, couldn't see the point of anything. And how I felt was a big shock to me."

However, being a journalist, when Brampton did manage to 'shoot the damn dog' - a reference to Winston Churchill's description of depression as a dark canine taking over his mind - she decided to research the illness.

Inspired by 2,000 letters - 50% from men (many of them very high-powered and outwardly successful) - she received from readers after she wrote an article about what she had been through, she decided to write a book to try to help others.

This was largely due to her shock that many of those who got in touch had been too ashamed to tell anyone they knew and were struggling alone - but so desperate for help, they were forced to write to a stranger.

"Depression is much more

common than people realise and a lot of people are living in a state of fairly low level misery," she says.

"We live in a culture of achievement, perfectionism and success and the quickest way to unhappiness is comparison. We are all very frightened of how other people see us and that they will think us somehow weak, ugly or stupid if we admit failings, so we

battle on. But I found that once you start to share how you feel, your vulnerability, other people will help you."

However, low level misery - bad though that is - can be tipped into something more serious and potentially fatal by major stresses in life - what are referred to as major life changes. Some are

obvious, like the death of a spouse, child or parent, others less so, like changes at work or a new romance.

In her case it was the break up of a marriage, redundancy, the death of a friend - troubled star Paula Yates - and the rollercoaster of a new passionate relationship, all within a short space of time.

Brampton says: "Individually you can cope with these things but when it's just one after another it's like getting up off the floor to be hit by a tidal wave, over and over, and eventually you just can't get up at all. It's very confusing and very worrying."

"There are also people with a predisposition to depression, through genetics, and they are a little more fragile, a little more vulnerable to going under."

Under severe duress, parts of the brain can wither, triggering depression. And depression does exactly what it says - depresses everything: memory, ability to think, sleep, eat, and feel pleasure.

Symptoms differ from person to person but there is usually a catastrophic loss of energy,

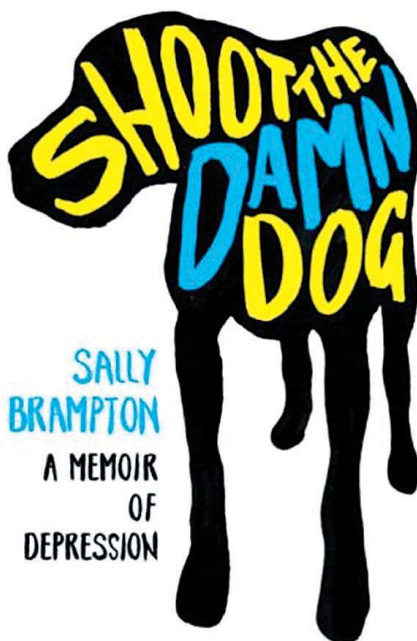
breathing becomes shallow, the voice softens and deepens and movements become more laboured. Some suffer physical pain like stomach ache. For Brampton it was a constriction in the throat.

What the depressive tends to do then, is withdraw, which is probably the worst thing. Brampton likens it to a wounded animal crawling away under a bush to survive or die.

"You see it all the time," she says. "We don't often know how much someone is struggling till there's a 'last straw situation' and something snaps. And then what people usually say is, 'Well, she seemed fine.'"

"Many sufferers do, because they think they should be coping. But suppressing things and struggling on in silence is the worst possible thing to do. It is this isolation that tips young men to suicide."

"Whereas girls are more likely to confide or show physical signs of distress like weight loss or self harm, which will encourage someone to intervene, boys are more likely to put on a per-



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savage us all

formance that everything is okay, until one day it all gets too much.

"The problem is that we think in this day and age we can take a pill and be better and if that doesn't work we blame ourselves. But the most important thing I'd like people to realise is that depression is not a character flaw or a moral failing. It's an illness and you have to accept you are ill."

"If you had pneumonia you wouldn't punish yourself because you weren't getting better fast enough or you hadn't managed to do the washing up that morning, but you do that when you are depressed."

"Sometimes, just doing the washing up was my biggest achievement of the day. And I learned that was okay, okay to think, 'This is an illness and I'm doing the best I can.'"

Largely through that acceptance and the help of her friends and family, trial and error with therapists, psychiatrists and anti-depressants and attendance at AA, Brampton regained her equilibrium, but it was a battle of

years rather than weeks.

She also developed her own self-help plan of communicating and reaching out to others, as well as walking, yoga, acupuncture, eating well and taking essential fatty acids and vitamin B, although she stresses that everyone is different and what works for her may not be right for someone else.

Research has shown that the parts of the brain affected by severe duress can regenerate and that talking - therapy and counselling - and exercise can be as helpful as anti-depressants. The best approach seems to be a combination of all, although each individual will respond differently.

Brampton's own philosophy now is of creating emotional wellness - putting things in place that keep you in balance. When she lists them, it's easy to see how many of us are driving ourselves too hard.

While a expected self-help list might include going to the gym, active social life, cooking wonderful meals at home, hers is less demanding and goal-oriented: daily exercise - even just a short

walk - good nutrition, contact with others.

"Exercise is one of the most powerful tools in beating depression," she says. "Walking half an hour a day can tackle depression as effectively as anti-depressant drugs in some people. I'm not against anti-depressant drugs, though, and if they work for you that's fantastic."

Now she seems fine, although with a slightly battle-scarred strength. She still struggles occasionally but she has learnt from the experience to form closer bonds with others and to be easier on herself.

"When I feel like I'm walking through cement I just step up the good stuff; the walking, the yoga, the acupuncture and make sure I am taking my omega 3."

Shoot The Damn Dog, by Sally Brampton, is published by Bloomsbury.

SELF HELP

Brampton's philosophy - not only for depressives but for all of us to live happier lives:

- :: Open up
- :: Ask for help
- :: Accept help



Although more often associated with the lonely, the elderly, the impoverished and those who are struggling with their circumstances, depression can also attack the rich, the successful, the famous, or those at the peak of their career with all the trappings of a desirable life.

- :: Accept yourself
- :: Be completely honest
- :: Take a daily inventory
- :: Whenever you are in the wrong, make amends
- :: Face reality
- :: Reach out
- :: Communicate
- :: Show kindness

- :: Share your concerns and worries with another human being
- :: Help another human being, on a daily basis
- :: Count your blessings, not your failures
- :: Don't live in regret or in yesterday
- :: Don't project your fears into tomorrow
- :: Take action when action is needed
- :: Deal with your feelings if and when they arrive. Don't sit on them.

IF YOU THINK SOMEONE YOU KNOW IS SUFFERING...

Brampton says: "Some people will accept help very well but others will reject it. The problem is

that people struggle in their own head, thinking, 'Why can't I sort myself out? I ought to be stronger. I mustn't bother my friends'."

"So the last thing you do is ask them if they are okay. It's the hardest question for them to answer and they will most likely say, 'I'm fine'."

The best way to tackle the subject is to share some vulnerability of your own. Brampton says: "I have a teenage daughter and I would never approach her head on to find out how she is. It's almost too confrontational. I'll suggest sitting down with a cup of tea and then open the conversation myself; maybe, 'I've had a bit of a bad day, how was yours?'"

Jill Turner

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Animal magic in the Masai Mara



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That's exactly what I got on safari in Kenya. For two nights outside my tent in the middle of the bush, starting with the regularity of clockwork at 3am I could hear obscene grunts and panting, and heavy bodies lurching about. A nightmare? No, a dream come true and rather than pulling the duvet over my head and cursing I watched the outrageous antics from the safety of my tent window.

That was because the creatures aping the behaviour of the worst kind of 'chavs' abroad were hippos! Fat, noisy beasts whose hygiene leaves a lot to be desired - their idea of a spa break is bask-

ing in thick mud on the side of the river bank - were frolicking only a few feet away. As they grunted their version of 'Mud, glorious mud', I hadn't the nerve or inclination to ask them to pipe down. Hippos can be quite aggressive and dangerous, but being so close to them was just one of the magical moments on an adventure in the heart of one of the most spectacular game reserves in the world, the Masai Mara in Kenya.

Every year, this National Park welcomes the Great Migration - two million wildebeest, zebra, and gazelle from Tanzania in search of lush grazing. They join the resident community of other

animals, including a star cast known as the Big Five because they were the most coveted by hunters - lion, African elephant, buffalo, black rhino and leopard - and a host of lesser players from hyena to monkeys.

For the first two nights we camped at Governor's Il Moran on the banks of the River Mara in a huge tent with reassuringly solid 'walls' of double-thick canvas. It came complete with electricity, king size bed, crisp cotton sheets, and ensuite bathroom with a Victorian rolltop bath, shower and flushing loo.

There are only 10 tents at this intimate, exclusive sanctuary,

which has no fences and blends so smoothly into the environment that the wildlife feels as 'at home' wandering through as paying guests. Guards are on hand at all times to avoid any close encounters of the wrong sort.

The nearby plains are a natural habitat for big cats like lions, cheetahs and leopards and the camp is a favourite base for the BBC's Big Cat Diaries crew, who venture from there to film the daily lives of the felines. While facilities and food at the camp are of the highest 21st century standard, the safari experience is like stepping out of time. Awoken for tea at 6am - sunrise and sunset are the best time to see the animals - we climbed sleepily into an open truck to 'stalk' the game.

Original safari hunters went armed, but nowadays only camera images are shot. At first, I photographed anything that

moved, snapping a zillion pictures of giraffes and elephants which resembled artist LS Lowry's stick figures miles away on the plains.

Then I realised that slow, steady tracking by our expert guide/driver John made a zoom lens barely necessary if we remained patient. Time and again he took us almost within touching distance of the game. I came within yards of a giraffe complete with a baby, skipping giddily along as its mother swayed behind.

Then we stumbled on the prized sight of two male giraffes 'necking' - swinging their long necks and heads like clumsy mallets to try to hit each other and gain supremacy in the herd and thus find a mate.

A family of elephants, with a baby trying to walk under its mother's belly, were led by a bull



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Pictured above: Giraffe 'necking' in the Masai Mara; top left: A room at Mara Bushtops with private deck and sunken tub; bottom left: A Masai tribesman; bottom right: Sunset and jeep in the Masai Mara. Opposite page - top: Elephants in the Masai Mara near the Governors Camp; middle: A Lion on Masai Mara reserve; bottom: The sundeck and infinity pool with beautiful views from Mara Bushtops.

elephant. A solitary elephant following from a distance was, said John, an older animal unable to keep up and doomed to die.

All the time John's anecdotes gave us a tracker's insight into the animals. He brought alive their characters and experiences by pointing out clues such as a broken tusk, or a scarred head. His eagle eye spotted tracks or broken branches, signs that other creatures would soon be revealed.

Nothing compares with the rare sight of a pride of lions. After hours of scanning the plains, there's a real thrill of achievement when you find them. Golden-coloured and indolent, they lazed in the grasses, occasionally cuffing frolicking cubs with a lazy paw. Magnificent males gazed imperiously at our truck or occasionally gave a shake of their manes and a huge yawn of seeming indifference to our presence.

After jolting and bumping for miles in the open truck over pot-holed tracks, breakfast back at

camp is a welcome relief but it comes with the promise of another expedition at dusk. Then, the sinking sun creates a new landscape. Slinky shadows with glinting eyes emerge as a leopard and two tiny cubs wonder past, and then a shrieking monkey family in a nearby tree signal a predatory cheetah legging it at top speed into the distance.

Later, our superb three-course dinners in the open air were enlivened by the musical accompaniment of the noises of the bush - croaking bullfrogs, crickets, the far-off cries of hyena and the occasional grunt from the hippos on the riverbank. One night, sitting around the campfire we met some Masai tribespeople of the plains. They are semi-nomads who rear cattle and are famous for their garb of colourful, traditional shawls in vibrant red or purple, and beaded jewellery.

Encroaching civilisation brings new demands on these handsome, dignified people. Nowadays, they're educated not to

hunt or kill game that may threaten their stock, but instead to share their land and sometimes even to relocate to accommodate the safari boom. As better-educated younger generations leave home for college and modern careers, these people's simple way of life may be threatened. They may, sadly, be a rarer sight in future than big game.

It was soon time to drive up into the hillside to our next stop. Mara Bushtops is like an eagle's eerie with spectacular views across Mara Siana wildlife conservancy, bordering the Masai Mara. This luxurious camp harvests and reuses rainwater to minimise use of that precious commodity, runs mostly on solar power, and in-

vited every guest to plant a tree to enhance the landscape.

Its accommodation is five-star, with tents on solid wooden floors facing out over the valley. A verandah, complete with a hot tub allows you to 'wallow' in much the same way as animals at the waterhole far below. Lying in bed with the tent 'doors' pulled back and watching a stunning, burning sunset is an unforgettable experience, while easing a few aches and pains after jolting around in a safari truck is easy. An infinity pool set like a ship's crow's nest on the prow of this development means you can swim and enjoy a scenic view of endless African plains at the same time.

TRAVEL FACTS

∴ Gabrielle Fagan was a guest of Kuoni Travel - tel: 00 44 (0)1306 747 001, which offers tailor-made holidays to Kenya. The 'Mara in Style' safari combines two of the best tented camps in the Masai Mara - Il Moran and Mara Bushtops - after an overnight stopover in Nairobi, and in 2008 starts at

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Stain removal ideas

Whilst not quite such an issue down here on our floors, thanks to the use of tiles more than carpets, pet stains can still be quite a problem.

During the winter months mud can become an issue in our house—I suddenly dream of my old utility room as my house here is all wonderfully open plan, so those muddy feet go everywhere—yes all 16 of them. Floor wise obviously the mop comes in handy with the steam cleaner as backup. Mud on clothes is more of an issue, best to let it dry through before working a small amount of neat detergent on the area pre washing. There are also plenty of products around that believe they can overcome all. However, I have to say the evidence with some of my Grandson's 'garden' clothes prove these do not always work efficiently!! Ban the dog from the garden and mud seems a good idea, and I must admit to being slightly guilty of allowing my two Waterdogs less garden time during rain and mud. Cruel mother!

Urine stains can be a nightmare as the smell does linger. If caught immediately rinse with cold water this will help remove the smell. Never use an ammonia based cleaner as this will actually attract the pet back to the same area. For anyone with carpets please remember if the urine is allowed to dry completely it will

have soaked right through leaving the tell tale smell. It is best to catch it fast, soak up excess with kitchen roll, then sponge with salty water and blot dry. When completely dry sprinkle with bicarbonate of soda. Another useful weapon is Vinegar—if sprayed on the offending spot not only will it clean it but will deter a repeat performance. Now I must try that one outside on my terrace where my Merlin has been playing at 'boy dog—I live here'!!! For faeces, on pet beds and blankets take off excess and put through the washing machine at the hottest cycle possible. Unfortunately for carpets it often means a carpet shampoo—hard work. Vomit, again needs fast action so that as little as possible soaks in. Best if using the washing machine to use a biological powder for vomit stains and a warm wash. With vomit on the carpet, sponge the area with a solution of warm water and borax thoroughly using the dab and blot method.

I have to admit that having bought up two puppies down here the whole process is easier than it ever was in the UK, chiefly because the weather is better, the doors are open which means the puppy can wander in and out all the time. When I think back to the joys of puppies with fully fitted carpets over the whole house and doors shut I

shudder—what a time consuming job.

Blood on carpets, rugs or clothes looks like a real challenge, but in fact it is one of the easier stains to remove. Soak immediately with cold water, blot and dab. If that does not work, try neat dishwasher detergent on kitchen towel, continue till stain has gone. Blood clots on clothes, do not panic just soak in cold water fast. If the blood has dried it will be more of a challenge and you may have to resort to a commercial stain remover. Never use hot water as this will seal the stain in—never to be removed!!

Drooling dogs—luckily I have never had one but Julie is the proud owner of Zoro a Great Dane lookalike who drools. Wipe it off all surfaces or clothes as soon as possible to stop it staining, usually with a damp cloth. On fabric use a biological detergent. At the shows I see all the drooling dogs in their bibs. Newfoudlands are the biggest culprits at the shows and all have bids on outside the ring. Once in the ring the person showing them will rush around with the dog, with a towel in hand removing drool as they go. I must admit to having a chuckle at times—fabulous dogs though!!

Dog hairs, this can be a real problem with all breeds. I have been surprised by how much hair a German Shepherd can deposit. I am quite lucky as neither of my

breeds tend to shed fur—yes it comes out but only when grooming. Grooming and brushing is the biggest defence to the dog hair issue. If brushed daily—yes sorry it takes time—the fur on the floor will diminish. I also had an issue with fur blocking the drains as I bath my waterdogs so often. I have solved that by buying a gadget (in the UK) that fits over the drain hole and catches all the fur—simple and brilliant.

Tear stains—a real problem on white dogs, again I am lucky, I have black dogs!! These tear stains can be caused by an excess of bacteria or yeast growth. Sometimes the staining can be traced to food allergies. Often it is just something the dog will have to live with. Wiping with a cloth moistened with warm water, diluted with salt or lemon juice. Take care not to get any in the eyes. We, at Paws4Pets, have products to disguise the stain if it should be pronounced.

Before carrying out any treatments please make sure you do the normal checks for colour fastness, treatment suitability for any fabrics or surfaces etc as we cannot be held responsible for any damage that may occur!

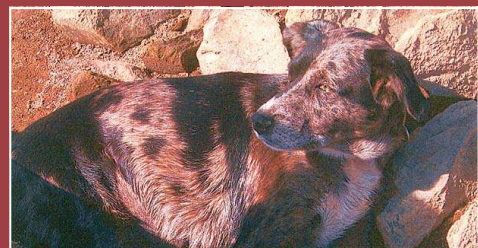
Happy stain removal.

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www.paws4pets.net

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Cobley
Paws 4 Pets 916 273 376



Dolly - A healthy, spayed, labrador cross, about 5 years old. Valid pet passport (UK). Gentle but shy. Very loyal. Reason for rehoming is out of kindness to her, as owners travelling too much.

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- All are welcome. Bring your own dog or walk one of ours.
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Meeting Point - 'O' Sapinho Café, Main street, Figueira (near Salema)
Starting Time - 10:30am
 - Our minimum entry fee is 5 euros per person and dogs go free.
- All proceeds go to Associação Bamboo - Helping & Re-homing abused and abandoned Animals
- Walk Leader - Julie Statham

Contact on 965753033
Info@Portugalwalks.com

Hello, my name is Louna, 6 months old. I've been found wandering in the street 2 months ago, I am very gentle and playful. I have a lot of energy to spend, I am looking for a good loving home with a garden, and I am a good guard dog as well. I've been spayed 2 weeks ago and I am waiting in a foster home for your visit. Call Valérie on: 913 860 865.



25 years rescuing animals



Public authorities support Associação dos Animais Abandonados de Loulé (Loulé's Abandoned Animals Association) during the kennel's 25th anniversary celebrations last February 29.

Loulé City Hall has once again given their support to the work developed by the Friends of Abandoned Animals Association, by donating to this institution a subsidy in the amount of 15 thousand euros.

The Association was founded in 1981 and two years later the kennel S. Francisco de Assis was inaugurated to shelter

abandoned animals, specially dogs and cats.

The Association not only try to find homes for stray or abandoned animals, but also for animals that are sent to the Association by the City Hall's kennels.

For more information, call Câmara Municipal de Loulé on Tel: 289 400 600, 289 415 557.

Should you put your child on the stage?

After David and Victoria Beckham's three-year-old son Cruz showed off a breakdancing routine on stage with the Spice Girls, we look at whether a love of performing should be nurtured in young children through stage school and drama courses, or whether talent shows naturally and sending them to expensive classes is a waste of money.

Most children love to show-off, and like nothing better than singing, dancing or performing for their family.

The youngest son of David and Victoria Beckham, Cruz, went a step further when he stole the show with an impromptu breakdancing routine at a recent Spice Girls concert.

The three-year-old's obvious love of the limelight could, if his famous parents fancy it, take him in the direction of stage school - attended full time by Posh in her teens.

Increasing numbers of British children are applying to such schools, and there's been a sharp increase in the amount of full and part-time courses catering for children.

While there are many new stage schools around, some, like the Barbara Speake Theatre school in London, have been established for decades.

The Speake school, which boasts past pupils including Phil Collins, Naomi Campbell and Keith Chegwin, began as a dance school more than 60 years ago. The £1,600 a term school, which has 135 pupils aged between three-and-a-half and 16, follows the National Curriculum and offers academic GCSEs as well as drama, expressive arts, and dance.

The school's founder, Barbara Speake, says 70% of the curriculum is academic and 30% performing arts, with dance replacing games.

She says: "The beauty of coming to a stage school is that it gives children the grounding to get in front of an audience, and of course, they're with other children doing the same thing - but they won't get big-headed."

She says children start at schools like hers so young - instead, perhaps, of going to a normal school and then drama college at 16 - because children are often needed on television and in the theatre, and stage school may help pupils secure such roles.

She insists that the education is of a high standard, and points out: "The world is their oyster when they leave - they can do anything."



While acknowledging that there are some pushy parents, Speake stresses: "There's no need to be a pushy parent if a child has talent," adding that most of the children go into further education when they leave, as opposed to going straight into a career in showbusiness.

"What they gain most from coming here is confidence," she says.

However, stage schools have their critics - including some actors themselves.

Howard's End star Sam West has said that many stage schools are little more than "glorified modelling agencies", while Julian Glover, whose acting credits include Harry Potter And The Chamber of Secrets, said: "At best, they produce a precocity and instil a need in the children to be famous and ambitious."

And Margaret Morrissey, spokesperson for the National Confederation of Parent Teacher Associations, warns that stage schools might give children hope that they can be actors, instead of fully preparing them for any career.

"The kids perhaps don't get the same broad view that they would at a state school of the sort of jobs they could have.

"Their horizons are going to be definitely narrowed by all the work they're doing in the performing arts.

"And there aren't that many children who make it anyway."

Lisa Salmon

The iconic image of a muscle-bound man cradling a baby has encapsulated the softer side of men, and graced many women's walls, for a generation.

And now England Rugby World Cup winning team member Ben Cohen has recreated the picture with his baby daughter Isabelle, to raise awareness of the challenges new fathers face.

First-time dad Cohen is involved with the Problem Shared campaign, which aims to encourage parents to share their problems so they can enjoy raising their children.

The initiative is focusing on the role of fathers and the relationship of parents, after research by Colief Infant Drops, which is sponsoring the campaign, found that one in five couples admit their sex life is "non-existent" in the first year of a baby's life.

Research for the campaign, which is endorsed by Cry-sis, the charity which supports parents with excessively crying babies, also found that 5% of couples actually split up due to their baby's constant crying.

Cohen, who became involved with the campaign after his newborn twin daughters suffered from colic, says: "I can't believe how much I love fatherhood, but nothing quite prepares you for it.

"One of the hardest things when it comes to looking after a crying baby is getting to know what cry is for what, which takes time and patience."

He adds: "I found there really wasn't enough support and information for dads, particularly when it comes to having twins."

For more information, visit www.problemshared.info

ASK THE EXPERT...

Q: "I've seen the recent stories about children not getting any vitamin D in the winter and cases of rickets on the rise. Should I be giving my eight-year-old a supplement?"

A: A spokesman for the Department of Health says: "While the actual prevalence of rickets is hard to define, more and more healthcare professionals are diagnosing cases of vitamin D deficiency. There is seasonal variation in vitamin D status - it is lowest during winter, when we rely on body stores and dietary intake to maintain adequate levels. In winter months at latitudes of 52 degrees north (above Birmingham), there is no ultra-violet light of the appropriate wavelength for the body to make vitamin D in the skin.

"It takes only 15 minutes exposure of the arms, head and shoulders in the sun each day during the summer months to make enough vitamin D for

good health. Once vitamin D requirements are met, further exposure to sunlight will not result in any extra health benefits - however, it will increase the risk of developing skin cancer.

"Eating foods like oily fish, eggs, fortified cereals and breads are all sources of vitamin D, but these may still be inadequate when sunshine hours are limited. At these times pregnant and breastfeeding women and children under four may benefit from a supplement containing 10 micrograms of vitamin D.

"If you think your son may be at risk of vitamin D deficiency, check with your general practitioner who may use a blood test to diagnose this deficiency."

THREE WAYS TO... Save money on baby buys.

1. Don't buy clothes for 'newborns.' They won't fit for very long.
2. Look through the classified ads in the paper for second-hand buggies and cots for sale, as well as noticeboards at the hospital and doctor's surgery. Some previous owners even give them away free if you are prepared to collect but you will always need to buy a new cot mattress.
3. Wait until your baby is born before you buy most items, as you might find you can get by without many 'essentials'.

To place an ad on the parenting page, call 707 500 677 or email bella@the-news.net

THREE WAYS TO... Encourage a child to learn

1. Check your child's homework and comment on something they've done well.
2. Tell them about what you found hard at school and how you handled it.
3. Tell your child how much you appreciate the effort they put into their schoolwork - but praise the effort, not necessarily the work itself.

ASK THE EXPERT...

Q: "I try to avoid my children consuming food and drink that contain additives. Should I be avoiding certain children's medicines for them too?"

A: Anna Glazner, coordinator of the Action on Additives campaign at the Food Commission, which has just completed a survey into additives in children's medicines, says: "Fears over additives shouldn't take precedence in deciding whether to give your child medicine.

"However, what our survey highlights is yet another way in which it's virtually impossible for a parent to avoid additives. We've found over 700 wide-ranging products for sale in the UK that contain one or more of the seven additives linked to an increase in hyperactivity in children (full list available at www.actiononadditives.com).

"A parent determined to avoid additives in food and drink would have to scrutinise

the ingredients of every item bought, and a whole host of other measures. Include the issue of additives in medicines, where the ingredients list is often sealed inside the packet, and FSA advice to parents to avoid certain additives if they suspect their children are susceptible to hyperactivity, starts to look farcical.

"Parents have been telling us that they believe certain medicines have caused adverse reactions in their children, yet the MHRA (Medicine and Healthcare Products Regulatory Authority) and drugs manufacturers claim no evidence of adverse drug reactions has emerged.

"The removal of these unnecessary additives from all food, drink and medicine would be a simple way to help make being a parent a little easier."

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Barbara Speake collecting her MBE from Buckingham Palace. (Photos: Press Association)

BOX OFFICE

LIVE CONCERTS

MARCH

Tokio Hotel – March 16th at Lisbon Pavilhão Atlântico from 9.30pm. Tickets: €28 - €40.

Alicia Keys + Patrice – March 19th at Pavilhão Atlântico from 8.30pm. Tickets: €28 - €40.

Portishead – March 27th at Lisbon Coliseu from 9pm. Tickets: €32 - €36.
Pedro Abrunhosa & Bandemónio – March 28th at Setúbal Fórum Luísa Todt. Tickets: €15 - €20.

APRIL

Editors – April 2nd at Campo Pequeno in Lisbon. Tickets: €22 - €30. April 3rd at Oporto Coliseu. Tickets: €25 - €28.
Mark Knopfler – April 4th at Lisbon Campo Pequeno. Further info TBA.

The Hives – April 9th at Lisbon Coliseu from 9pm. Tickets: €25 - €28.

James Cotton Blues Band – April 11th at Leiria (a-D-Barbas) Alfa from 11pm. Further info TBA.

Nightwish – April 18th in Oporto Coliseu from 9pm. Tickets: €22 - €25. April 19th at Lisbon Coliseu from 9pm. Tickets: €22. **Ignite: Death Before Dishonor** – April 24th at Lisbon Tatuara.

Backstreet Boys – April 25th at Lisbon Pavilhão Atlântico. Further info TBA.

MAY

Pedro Abrunhosa – May 18th from 9pm at Teatro Municipal São Luiz in Lisbon. Tickets: €15 - €25.

Asia – May 21st at Lisbon Coliseu. Further info TBA.

Cat Power – May 26th at Lisbon Coliseu. Further info TBA.

JUNE

Comeback Kid – June 19th in Lisbon. Further info TBA.

Jack Johnson – June 26th at Lisbon Pavilhão do Atlântico from 8pm. Tickets: €28 - €40.

AUGUST

Mariza – August 29th at Loulé, Vale do Lobo.

LIVE SHOWS

MARCH

The Aluminum Show – A combination of movement, dance and theatrical visual affects. A show with lots of special effects and creative dancing and acrobatic movements. Lisbon Casino, Oceanos Auditório from March 18th until March 23rd. Tickets: €30 - €35.

APRIL

Disney on Ice 'Adventures in Disneyland' – Disney on ice is set to return to Portugal this April, with another ice skating show including all your favourite Disney characters. The show will take place at Pavilhão Atlântico on April 2nd - 9th. Tickets: €16 - €36.

RAW WrestleMania Revenge – It's here! World Wrestling Entertainment® storms back to Portugal with RAW® WrestleMania® Revenge Tour at Pavilhão Atlântico in Lisbon on April 19th from 8pm. Tickets: €25 to €85.

MUSIC FESTIVALS

APRIL

Festival Gouveia Art Rock – April 5th: Ange; Aranis; Par Lindh; Behuinos a Gasóleo. April 6th: Van der Graaf Generator; Thinking Plague; Les Reines Prochaines. Festival at Gouveia Cine-Theatro. Tickets: €35 for one day, €60 for both days.

MAY

Rock in Rio Lisboa – May 30th – June 8th at Parque da Bela Vista in Lisbon. Tickets: €53 daily tickets. Confirmed acts: May 30: Amy Winehouse; Lenny Kravitz; James Morrison; Ivete Sangalo; Sam the Kid & Cool Hoptoise; Ricardo Azevedo & Lúcio Moniz; Philharmonica Weed &

TICKETS: Most tickets are available at FNAC outlets across the country, ATM machines, Abreu agencies, El Corte Inglés, Casa Viola, Ticketline or at the event itself on the night.

Websites: www.pavilhoatlantico.pt; www.ticketline.pt | Phone numbers: 21 891 84 09 (Pavilhão Atlântico); 707 234 324 (Ticketline)

Events on these pages are published in good faith and in accordance with information given to us.

LIVE MUSIC

Djazzperado rides again – São Brás

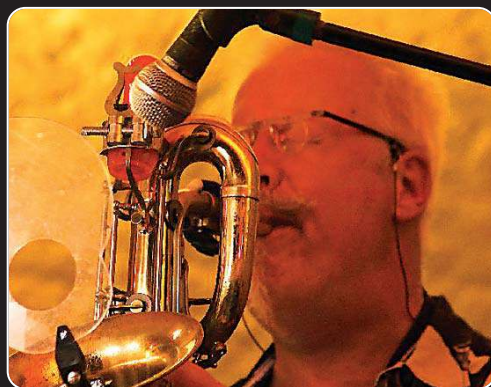
Djazzperado is an international 'pool' of professional jazz musicians dedicated to that most 'saxiest' saxophone of the whole sax-family: the (nearly extinct) Baritone!

This time Djazzperado features Han Wezenaar (Holland) on baritone sax, David Gausden (USA) on bass,

James Mellor (UK) on piano and Ben Heinz (Germany) on drums. Their very swinging performance will be focussed on the compositions of various bari-saxophonists - creating A Whole New World of Jazz.

As usual, there will be a Jam session after the concert, which takes place at the Museum in São Brás de Alportel on Sunday 16th March, starting at 5pm.

March 16th at São Brás Museum. Tickets: €5 - €7. Contacts: admin@amigos-museu-sbras.org; 966 329 073/ lua azul; 289 845 452/museum; 289 840 100/ Eveline; 917112128 or goveline@mail.telepac.pt.



New Orleans Jazz band

Formed in 1998 by professional musicians who had come to live in the Algarve, the New Orleans Jazz Band

quickly became established as the premiere New Orleans-style jazz band in the area.

March 15th at Silves cine-theatre club from 8pm. Tickets: €8 for members, €10 to non members.



Opening of Sinatra Bar

A new bar is opening in Vilamoura, featuring live music from local jazz singer Bruno Mariano. Other performances for the month of March will be on Sunday 9th, Monday 10th, Thursday 13th, Friday 14th, Saturday 15th, Thursday 20th, Friday 21st, Saturday 22nd, Thursday 27th, Friday 28th and Saturday 29th.



WORKSHOPS

Singing workshop – Lagos

Local singer Ângela Silva has enjoyed an international and national career as a singer. It has enabled her to see some parts of the world that she would have only imagined to see, all through her love of singing. She now has decided to help others through singing workshops, to be held from March 17th to 21st in her hometown of Lagos, at the Music Academy of Lagos. **March 17th – 21st at Lagos Music Academy. Call 282 082 786 or 919 804 662 for more information and bookings.**



WORKSHOPS

Downhill National Championship

A downhill bike (also known as a downhill mountain bike) is a full suspension bicycle designed for mountain biking, particularly steep, rocky trails. Unlike a typical mountain bike, durability and stability are the most important design features, at the cost of heavier weights than lighter, more versatile, cross-country bikes. However, downhill bikes are primarily intended for high speed descending, and downhill riders will usually shuttle, via chairlifts or motorized vehicles, to the trailhead.

March 7th, 8th and 9th at Pista Botelho, S. Brás de Alportel.



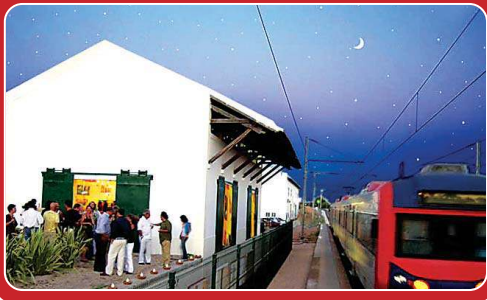
EXHIBITIONS

The Young Americans

On Saturday, March 22nd from 6.30pm, Corte-Real will open at the gallery their 2008 exhibition season with the presentation of paintings by six internationally acclaimed young American artists. To celebrate the start of the season, Corte-Real are delighted to have secured for the evening some of the tal-

ented young musicians from the world renowned Faro Conservatoire. A light buffet and wine (soft drinks also available) will be served throughout the evening. This special event is open to a limited number of guests. To reserve your place please complete the gallery's slip by March 14th.

Slip available by calling 918 971 566 or 289 392 335. Price of the evening is €20.



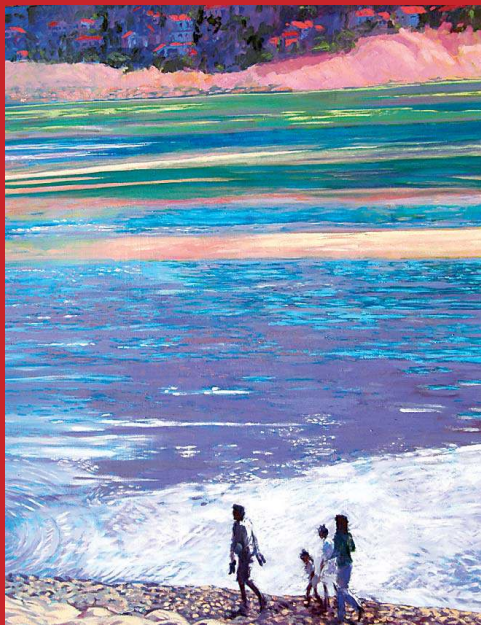
Do you want to keep up to date with all the latest events, headlines and weather?
Log on to:

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MariAn Simpson – Silver Coast

Don't miss this opportunity to see the latest paintings by local artist, MariAn Simpson at Adamastor restaurant

and gallery in Foz do Arelho on the Silver Coast. Look out for a pink building by the roundabout on the road above the beach.



Until April 2nd. Contacts: 262 978 369, 936 762 777 or the restaurant 262 978 003.

We regret that we cannot accept responsibility for events which are cancelled, delayed or fail to live up to their billing. Send us your events to copy@the-news.net by Tuesday before publication.

BOOK

Child 44

By Tom Rob Smith, is published in hardback by Simon & Schuster.

How do you investigate a murder when it is a crime to admit that murder can exist? How do you catch a murderer when the presumption of the guilt of all is the natural order?

In 'Child 44', Leo Stepanovich Demidov, an up-and-coming member of the State Security Force in Stalinist Russia, originally toes the party line: there can be no murder, for murder is a symptom of a capitalist society.

The body of young boy found on the railway lines is ruled by his superiors as a tragic accident and Demidov is obliged to follow their ruling, but this is just the start of the hairline fractures that creep into his rock-steady faith in the system.

Leo has to tread carefully, for such doubts are themselves a crime and when every neighbour and colleague is required to stoop to political manoeuvring and machinations merely to survive he is desperately short on allies.

As the numbers of dead children begins to mount, Leo realises that in order to finally pursue true justice, he may have to become one of those who he has dutifully hunted for so long: an enemy of the State.

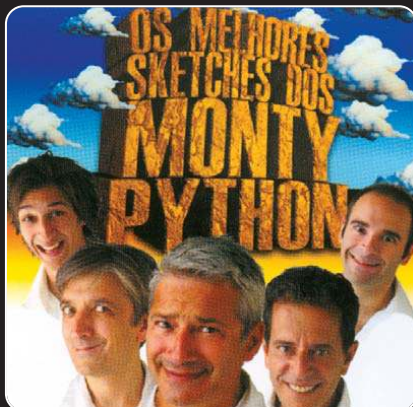
'Child 44' marks a promising debut for Tom Rob Smith: a taut mystery set against a unique background, where constant paranoia has led to the entire populace becoming as cold and unrelenting as their bleak surroundings.

In the protagonist, we receive a compelling insight into how a corrupt system can be maintained by those who have faith in its goals of a better society while they themselves are being slowly ground under such a regime.

Smith certainly has a distinct and refreshing style, but the few occasions where rapidly changing viewpoints lead to momentary confusion are particularly jarring when they pull you from such well plotted and beautifully crafted intrigue.

Overall, such niggles are a small price to pay for such a fascinating read, but it is hoped that these minor rough edges will be worked out as this exciting new talent matures.

Craig Payne



The best Monty Python sketches

Well known Portuguese actors António Feio, Bruno Nogueira, Jorge Mourato, José Pedro Gomes and Miguel Guilherme, will be performing some of the best sketches from Monty Python, such as the exchanging of dead parrots, cannibalism in a funeral parlor and kangaroos feasting at the Last Supper. This

is a tribute to the geniuses who taught humorists of today about the bright side of life and about the art of avoiding being squashed by a giant foot that came from nowhere! The classic Monty Python sketches were translated and adapted into Portuguese by Nuno Markl.

March 7th at Teatro das Figuras in Faro from 9.30pm. Tickets: €18 - €14. Call 289 888 100 for more information and booking.

March 8th at Lagos Cultural Centre Auditorium from 9.30pm. Call 282 780 060 for more information.

LIVE CONCERTS

David Bisbal – Vila Real

David Bisbal is a Latin Grammy-winning Spanish pop singer. He gained fame as a finalist on the interactive reality television show *Operación*

Triunfo. He has since released three studio albums, all of which topped the Spanish Singles Chart, and toured throughout Spain and Latin America.



March 8th (as part of International Women's Day celebrations) at Vila Real de Santo António from 10pm. Call 281 510 001

Calcinha Preta – Silves



Enjoy the Brazilian beats to the music of Calcinha Preta next weekend at the Fábrica do Inglês. With 400,000 copies of their DVD and over three million CD's sold over the past 10 years, Calcinha Preta is one of the most famous bands to emerge from Brazil.

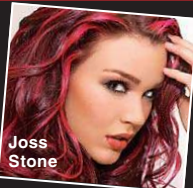
Organisers have revealed that in this concert, there will be a total of nine musicians, four vocalists, four dancing couples as well as performances from Axé Gahia, Café c/Leite and Jean Carlos, which will make for a fun packed concert, bringing on the heat to Silves.

March 14th at Fábrica do Inglês in Silves from 9.30pm.

Tickets: €22,50 available at the venue.

BOX OFFICE

MUSIC FESTIVALS



Prince Wadada; Paul Van Dyk. May 31: Bon Jovi; Alanis Morissette; Skunk; Alejandro Sanz; Expensive Soul; Sara Tavares; João Gil; Tito Paris; Marisa Pinto; NBC; Verónica Larenne; Carl Cox. June 1: Rod Stewart; Joss Stone; Boss AC; Vitorino; Ala dos Namorados; Rão Kyao; Nancy Vieira; Jazinho; Melo D. June 5: Metallica; Machine Head; Apocalyptica; Tim; Jorge Palma; Weavyn; The Faith Gospel Choir; André Indiana; Sp. & Wilson. June 6: Clá; Buraka Som Sistema; Deise Tigrona; Bruno M; Calm; Vibe.

JULY
Super Bock Super Rock – July 9th at Parque Tejo in Lisbon from 5pm. Tickets: €40. Confirmed acts: Iron Maiden; Avenged Sevenfold.
Festival Oeiras Alive – July 10th – 12th at Passeio Marítimo de Algés. Tickets: €45 - €80. Confirmed acts: July 10: Rage Against The Machine; Peaches. July 11: Within Temptation. July 12: Ben Harper & The Innocent Criminals; Donavon Frankenreiter.
Paredes de Coura – July 31st – August 3rd at Praia Fluvial do Tabuão. Tickets: €40 - €70. Confirmed acts: July 31: Sex Pistols. Further info TBA.

AUGUST
Sudoeste – August 7th – 10th at Herdade da Casa Branca. Confirmed acts: August 7: Björk; La Fura Dels Baus. August 8: The Dynamics; La Fura Dels Baus. August 9: La Fura Dels Baus. August 10: La Fura Dels Baus. Further info and acts TBA.

TICKETS: Most tickets are available at FNAC outlets across the country, ATM machines, Abreu agencies, El Corte Inglés, Casa Viola. Ticketline or at the event itself on the night.
Websites: www.pavilhaoatlantico.pt; www.ticketline.pt | Phone numbers: 21 891 8409 (Pavilhão Atlântico); 707 234 324 (Ticketline)

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Rádio Ourique 94.2 Ourique
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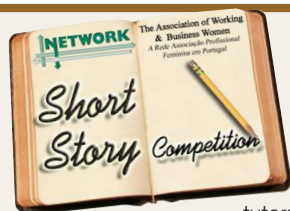
Departamento Comercial

937 140 004

Grupo Rádio Algarve Stars, Lda.
Rua Frei Joaquim de Loulé, 25

8100-579 Loulé

Tel.: 289 414 000 • Fax: 289 412 400



The Network Short Story Competition is here – it's open to anyone living in Portugal, so please take the opportunity to get the creative juices flowing and support this first time venture.

Stories can be on any theme, with a maximum of 2,000 words. Entries cost five euros and will be judged by Jenny Grainer, writer, journalist and tutor in Creative Writing in the Algarve, and Lisa Selvidge, who

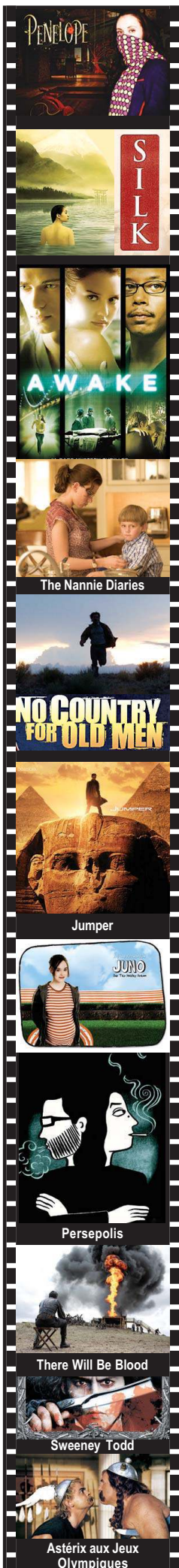
tutors in Creative Writing in the Algarve and online with the University of East Anglia. Entries will need to be in the English language for this first year, and must be received by March 31st.

The winning story will receive 100 euros worth of

book vouchers, sponsored by Network, the Magna Carta Bookshop in Alvor and the Griffin Bookshop in Almancil. The event is also supported by *The Portugal News*, who will publish the winning entry. Winners will be announced on 23rd April 2008, International Book Day.

For more details and application form, please e-mail netpres@networkalgarve.org, ring Janice Russell on 915584668 ask at the Griffin or Magna Carta bookshop, or download the form from www.networkalgarve.org.

COMPETITION ♦ COMPETITION ♦ COMPETITION ♦ COMPETITION



ALGARVE

SBC
FORUM ALGARVE
TEL: 289 887 212
6 MAR-12 MAR



1 Awake
Hayden Christensen, Jessica Alba
13.05-15.10-17.15-19.25-22.00 (00.15 Fri & Sat)

2 Juno
Ellen Page, Michael Cera
(12.25 Sat & Sun) 14.40-17.00-19.15-21.30 (23.55 Fri & Sat)

3 No Country for Old Men
Tommy Lee Jones, Javier Bardem
13.00-15.40-18.20-21.00 (00.00 Fri & Sat)

4 P.S. I Love You
Hilary Swank, Gerard Butler
(15.50 except Sat & Sun) 21.20 (00.25 Fri & Sat)

Astérix aux Jeux Olympiques
Gérard Depardieu, Alain Delon
(10.30-15.55 Sat & Sun) 13.15-18.35

5 Definitely, Maybe
Ryan Reynolds, Isla Fischer
(11.10 Sat & Sun) 13.40-16.10-18.40-21.10 (23.40 Fri & Sat)

6 Jumper
Hayden Christensen, Samuel L. Jackson
14.00-15.00-17.10-19.30-21.40 (23.50 Fri & Sat)

7 The Other Boleyn Girl
Eric Bana, Natalie Portman
14.00-16.35-19.10-21.50 (00.30 Fri & Sat)

Bee Movie
Animation PV
(11.00 Sat & Sun)

8 The Nanny Diaries
Scarlett Johansson, Laura Linney
14.55-17.20-19.45

Rambo
Sylvester Stallone, Julie Benz
22.10 (00.20 Fri & Sat)

9 Michael Clayton
George Clooney, Tom Wilkinson
19.05-21.55 (00.35 Fri & Sat)

The Ugly Duckling and Me
Animation PV
(11.45 Sat & Sun) 14.45-16.55

CASTELLO LOPES CINEMAS PORTIMÃO
TEL: 707 220 220
6 MAR-12 MAR



1 Michael Clayton
George Clooney, Tom Wilkinson
13.40-16.05-18.35-21.20 (23.50 Fri & Sat)

2 Jumper
Hayden Christensen, Samuel L. Jackson
13.50-15.55-17.55-19.55-22.00 (00.10 Fri & Sat)

3 Gone Baby Gone
Casey Affleck, Michelle Monaghan
13.45-16.00-18.40-21.40 (00.00 Fri & Sat)

4 Astérix aux Jeux Olympiques
Gérard Depardieu, Alain Delon
14.00-16.20-18.45

Atonement
Keira Knightley, James McAvoy
21.10 (23.40 Fri & Sat)

5 Balls of Fury
Christopher Walken, Maggie Q.
14.05-16.25-18.55-21.50 (00.15 Fri & Sat)

6 There Will Be Blood
Daniel Day-Lewis, Dillon Freasier
Juno
Ellen Page, Michael Cera

OV = Original Version
PV = Portuguese Version

CASTELLO LOPES CINEMAS ALGARVESHOPPING
TEL: 707 220 220
6 MAR-12 MAR



1 Awake
Hayden Christensen, Jessica Alba
13.15-15.20-17.25-19.30-21.35 (23.40 Fri & Sat)

2 Definitely, Maybe
Ryan Reynolds, Isla Fischer
13.40-16.30-19.00-21.30 (00.05 Fri & Sat)

3 Astérix aux Jeux Olympiques
Gérard Depardieu, Alain Delon
13.30-16.00-18.30-21.00

There Will Be Blood
Daniel Day-Lewis, Dillon Freasier
(23.30 Fri & Sat)

4 Jumper
Hayden Christensen, Samuel L. Jackson
13.10-15.15-17.20-19.25-21.50 (23.55 Fri & Sat)

5 Michael Clayton
George Clooney, Tom Wilkinson
13.05-16.05-18.40-21.15 (23.50 Fri & Sat)

6 The Ugly Duckling and Me
Animation OV & PV
13.00-15.05-17.10-19.15

7 There Will Be Blood
Daniel Day-Lewis, Dillon Freasier
21.20

8 The Other Boleyn Girl
Eric Bana, Natalie Portman
13.50-16.20-18.50-21.40 (00.10 Fri & Sat)

9 No Country for Old Men
Tommy Lee Jones, Javier Bardem
13.20-16.10-18.45-21.25 (00.00 Fri & Sat)

10 Juno
Ellen Page, Michael Cera
13.25-15.30-17.35-19.40-21.45 (00.20 Fri & Sat)

LUSOMUNDO VILAMOURA
TEL: 289 302 277
6 MAR-12 MAR

Gone Baby Gone
Casey Affleck, Michelle Monaghan
15.30-18.30-21.30

LUSOMUNDO ALMADA FORUM
TEL: 707 246362
6 MAR-12 MAR

Definitely, Maybe
Ryan Reynolds, Isla Fischer
No Country for Old Men
Tommy Lee Jones, Javier Bardem

Michael Clayton
George Clooney, Tom Wilkinson
The Other Boleyn Girl
Eric Bana, Natalie Portman

The Ugly Duckling and Me
Animation OV & PV
Rambo
Sylvester Stallone, Julie Benz

Sweeney Todd: The Demon Barber of Fleet Street
Johnny Depp, Helena Bonham-Carter
Awake
Hayden Christensen, Jessica Alba

Penelope
Christina Ricci, James McAvoy
Atonement
Keira Knightley, James McAvoy

Astérix aux Jeux Olympiques
Gérard Depardieu, Alain Delon
Jumper
Hayden Christensen, Samuel L. Jackson

Into the Wild
Emile Hirsch, Jena Malone
P.S. I Love You
Hilary Swank, Gerard Butler

There Will Be Blood
Daniel Day-Lewis, Dillon Freasier
Juno
Ellen Page, Michael Cera

OV = Original Version
PV = Portuguese Version

LUSOMUNDO ALVALÁXIA
TEL: 21 754 9000
6 MAR-12 MAR

Michael Clayton
George Clooney, Tom Wilkinson
Awake
Hayden Christensen, Jessica Alba

The Other Boleyn Girl
Eric Bana, Natalie Portman
No Country for Old Men
Tommy Lee Jones, Javier Bardem

Juno
Ellen Page, Michael Cera
There Will Be Blood
Daniel Day-Lewis, Dillon Freasier

Atonement
Keira Knightley, James McAvoy
Astérix aux Jeux Olympiques
Gérard Depardieu, Alain Delon

Silk
Michael Pitt, Keira Knightley
Penelope
Christina Ricci, James McAvoy

Jumper
Hayden Christensen, Samuel L. Jackson
Persepolis
Animation

Die Fälscher
Karl Markovics, August Diehl
The Hunting Party
Richard Gere, Terrence Howard

Bee Movie
Animation PV (Sunday)

LUSOMUNDO AMOREIRAS
TEL: 707 246362
6 MAR-12 MAR

No Country for Old Men
Tommy Lee Jones, Javier Bardem
The Other Boleyn Girl
Eric Bana, Natalie Portman

The Ugly Duckling and Me
Animation OV & PV
Atonement
Keira Knightley, James McAvoy

The Hunting Party
Richard Gere, Terrence Howard
Michael Clayton
George Clooney, Tom Wilkinson

Astérix aux Jeux Olympiques
Gérard Depardieu, Alain Delon
Juno
Ellen Page, Michael Cera

LUSOMUNDO CASCAISHOPPING
TEL: 707 246362
6 MAR-12 MAR

The Ugly Duckling and Me
Animation OV & PV
Michael Clayton
George Clooney, Tom Wilkinson

Juno
Ellen Page, Michael Cera
Definitely, Maybe
Ryan Reynolds, Isla Fischer

No Country for Old Men
Tommy Lee Jones, Javier Bardem
The Other Boleyn Girl
Eric Bana, Natalie Portman

Astérix aux Jeux Olympiques
Gérard Depardieu, Alain Delon
Jumper
Hayden Christensen, Samuel L. Jackson

Penelope
Christina Ricci, James McAvoy
P.S. I Love You
Hilary Swank, Gerard Butler

LUSOMUNDO COLOMBO
TEL: 707 246362
6 MAR-12 MAR

Awake
Hayden Christensen, Jessica Alba
Penelope
Christina Ricci, James McAvoy

Jumper
Hayden Christensen, Samuel L. Jackson
No Country for Old Men
Tommy Lee Jones, Javier Bardem

The Other Boleyn Girl
Eric Bana, Natalie Portman
Michael Clayton
George Clooney, Tom Wilkinson

Astérix aux Jeux Olympiques
Gérard Depardieu, Alain Delon
P.S. I Love You
Hilary Swank, Gerard Butler

The Ugly Duckling and Me
Animation OV & PV
Juno
Ellen Page, Michael Cera

The Nanny Diaries
Scarlett Johansson, Laura Linney
Definitely, Maybe
Ryan Reynolds, Isla Fischer

LUSOMUNDO DOLCE VITA MIRAFLORES
TEL: 707 246362
6 MAR-12 MAR

Atonement
Keira Knightley, James McAvoy
Astérix aux Jeux Olympiques
Gérard Depardieu, Alain Delon

Trade
Kevin Kline, Paulina Gaitan
Sweeney Todd: The Demon Barber of Fleet Street
Johnny Depp, Helena Bonham Carter

Jumper
Hayden Christensen, Samuel L. Jackson
Ratatouille
Animation (Sunday)

UCI CINEMAS EL CORTE INGLÉS
TEL: 707 23 22 21
6 MAR-12 MAR



Jumper
Hayden Christensen, Samuel L. Jackson
In the Valley of Elah
Tommy Lee Jones, Charlize Theron

Awake
Hayden Christensen, Jessica Alba
The Darjeeling Limited
Owen Wilson, Adrien Brody

Astérix aux Jeux Olympiques
Gérard Depardieu, Alain Delon
Into the Wild
Emile Hirsch, Jena Malone

Silk
Michael Pitt, Keira Knightley
Juno
Ellen Page, Michael Cera

The Other Boleyn Girl
Eric Bana, Natalie Portman
Penelope
Christina Ricci, James McAvoy

Rambo
Sylvester Stallone, Julie Benz
P.S. I Love You
Hilary Swank, Gerard Butler

Atonement
Keira Knightley, James McAvoy
No Country for Old Men
Tommy Lee Jones, Javier Bardem

Persepolis
Animation
There Will Be Blood
Daniel Day-Lewis, Dillon Freasier

Definitely, Maybe
Ryan Reynolds, Isla Fischer
Michael Clayton
George Clooney, Tom Wilkinson

Die Fälscher
Karl Markovics, August Diehl

LUSOMUNDO FORUM MONTIJO
TEL: 707 246362
6 MAR-12 MAR

Definitely, Maybe
Ryan Reynolds, Isla Fischer
Astérix aux Jeux Olympiques
Gérard Depardieu, Alain Delon

P.S. I Love You
Hilary Swank, Gerard Butler
The Nanny Diaries
Scarlett Johansson, Laura Linney

Jumper
Hayden Christensen, Samuel L. Jackson
Michael Clayton
George Clooney, Tom Wilkinson

There Will Be Blood
Daniel Day-Lewis, Dillon Freasier
(23.30 Fri & Sat)

UCI CINEMAS FREEPORT
TEL: 707 23 22 21
6 MAR-12 MAR



Definitely, Maybe
Ryan Reynolds, Isla Fischer
Michael Clayton
George Clooney, Tom Wilkinson

Astérix aux Jeux Olympiques
Gérard Depardieu, Alain Delon
Rendition
Reese Witherspoon, Jake Gyllenhaal

Jumper
Hayden Christensen, Samuel L. Jackson
Alvin and the Chipmunks
Jason Lee, David Cross

Call Girl
Soraia Chaves, Joaquim de Almeida

P.S. I Love You
Hilary Swank, Gerard Butler
Sweeney Todd: The Demon Barber of Fleet Street
Johnny Depp, Helena Bonham-Carter
Rambo
Sylvester Stallone, Julie Benz
Atonement
Keira Knightley, James McAvoy
La Vie en Rose
Marion Cotillard, Sylvie Testud

LUSOMUNDO ODIVELAS PARQUE
TEL: 707 246362
6 MAR-12 MAR

Definitely, Maybe
Ryan Reynolds, Isla Fischer
Jumper
Hayden Christensen, Samuel L. Jackson

Astérix aux Jeux Olympiques
Gérard Depardieu, Alain Delon
Rambo
Sylvester Stallone, Julie Benz

Michael Clayton
George Clooney, Tom Wilkinson
The Nanny Diaries
Scarlett Johansson, Laura Linney

There Will Be Blood
Daniel Day-Lewis, Dillon Freasier
(23.30 Fri & Sat)
The Ugly Duckling and Me
Animation PV

P.S. I Love You
Hilary Swank, Gerard Butler

LUSOMUNDO OEIRAS PARQUE
TEL: 707 246362
6 MAR-12 MAR

The Kite Runner
Khalid Abdalla, Atossa Leoni
The Other Boleyn Girl
Eric Bana, Natalie Portman

Jumper
Hayden Christensen, Samuel L. Jackson
The Ugly Duckling and Me
Animation OV & PV

Atonement
Keira Knightley, James McAvoy
No Country for Old Men
Tommy Lee Jones, Javier Bardem

Michael Clayton
George Clooney, Tom Wilkinson
Astérix aux Jeux Olympiques
Gérard Depardieu, Alain Delon

Sweeney Todd: The Demon Barber of Fleet Street
Johnny Depp, Helena Bonham-Carter

LUSOMUNDO TORRES VEDRAS
TEL: 707 246362
6 MAR-12 MAR

The Other Boleyn Girl
Eric Bana, Natalie Portman
Alvin and the Chipmunks
Jason Lee, David Cross

PV Astérix aux Jeux Olympiques
Gérard Depardieu, Alain Delon
Jumper
Hayden Christensen, Samuel L. Jackson

Rambo
Sylvester Stallone, Julie Benz
Atonement
Keira Knightley, James McAvoy

Penelope
Christina Ricci, James McAvoy
Definitely, Maybe
Ryan Reynolds, Isla Fischer

LUSOMUNDO VASCO D'AGAMA
TEL: 707 246362
6 MAR-12 MAR

Jumper
Hayden Christensen, Samuel L. Jackson
The Ugly Duckling and Me
Animation OV & PV

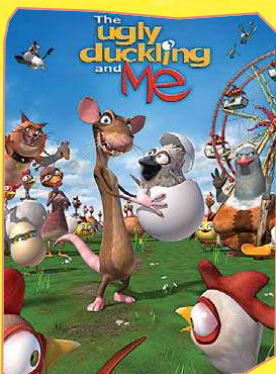
P.S. I Love You
Hilary Swank, Gerard Butler
The Hunting Party
Richard Gere, Terrence Howard

No Country for Old Men
Tommy Lee Jones, Javier Bardem
Definitely, Maybe
Ryan Reynolds, Isla Fischer

The Nanny Diaries
Scarlett Johansson, Laura Linney
Call Girl
Soraia Chaves, Joaquim de Almeida

definitely, **maybe**

A romantic comedy starring Ryan Reynolds and Isla Fisher, *Definitely, Maybe* follows a divorced father's attempts to explain his pre-fatherhood love-life to his young and curious daughter. Beginning in 1992, the film tracks the young man's relationships with three different women, careful not to reveal which of these women he ends up marrying (and divorcing).



Inspired by Hans Christian Andersen's classic Ugly Duckling tale, this update, *The Ugly Duckling and Me!*



and Me!, finds an ugly hatchling in the care of a rat named Ratso. After discovering the hatchling has a special talent, Ratso aims to exploit it for personal gains.

the **other Boleyn girl**

A sumptuous and sensual tale of intrigue, romance and betrayal set against the backdrop of a defining moment in European history, *The Other Boleyn Girl* tells the story of two beautiful sisters, Anne (Natalie Portman) and Mary (Scarlett Johansson) Boleyn who, driven by their family's blind ambition, compete for the love of the handsome and passionate King Henry VIII (Eric Bana). While both women eventually share the king's bed, only one will ascend to the throne for a brief and turbulent reign that ends tragically with a swing of the executioner's sword.



THE HUNTING PARTY



Three journalists (Richard Gere, Terrence Howard and Jesse Eisenberg) return to Bosnia five years after the end of the war to search for the most wanted war criminal, who is still on the loose. Based on a true story, *The Hunting Party* is based on the article "What I Did On My Summer Vacation" by Scott Anderson, from Esquire Magazine (October, 2000). The film stars Richard Gere, Terrence Howard, Jesse Eisenberg, James Brolin, Diane Kruger and Joy Bryant.

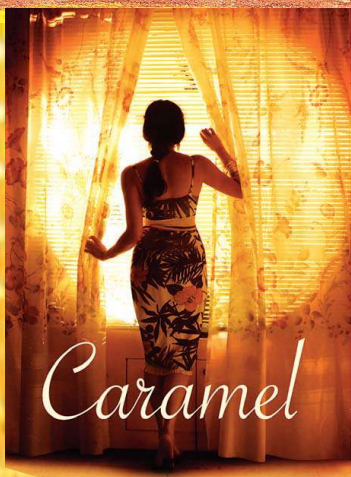


The incredible true story of Salomon Sorowitsch, counterfeiter extraordinaire and bohemian. After being sent to a German concentration camp in 1944, Sorowitsch is forced to help the Nazis in an organized counterfeit operation set up to flood and destroy the Allied economies. Prisoners were brought to Sachsenhausen from other camps to implement the plan. They had the choice: if they cooperated with the enemy, they had a chance to survive, as first-class prisoners in a "golden cage" with enough to eat and a bed to sleep in. If they sabotaged the operation, a sure death awaited them. For *The Counterfeiters*, it was not only a question of saving their own lives, but also about saving their conscience as well...



DIE FÄLSCHER

In Beirut, five women meet regularly in a beauty salon, a colourful and sensual microcosm of the city where several generations come into contact, talk and confide in each other. In the salon, their intimate and liberated conversations revolve around men, sex and motherhood, between haircuts and sugar waxing with caramel.



Caramel

CELEB NEWS

Charlie Sheen is urging television viewers to boycott his ex-wife **Denise Richards'** new reality show. The actor is furious his two young daughters with the actress, Sam, three, and Lola, two, will appear in the program, after a judge rejected his attempt to block it. And now the **Two And A Half Men** star is encouraging fans to avoid the show, which is due to air later this year. He tells U.S. magazine OK!, "I think we should all just boycott the damn thing. You don't go to court and make a stand to prevent that if you don't firmly believe in it. It's just the situation where the world is upside down sometimes". **Screenwriter Diablo Cody** is planning a new tattoo to celebrate her Oscar win. The bodyart-loving former stripper picked up the Best Original Screenplay Academy Award for **Juno**, and wants to have the film's star **Ellen Page's** face etched onto her skin, according to pals. A friend tells New York gossip column **PageSix.com**: "She's talking about getting a tattoo of Ellen Page's face. She's like, 'Wouldn't it look great?'" **Movie star Colin Farrell** has confirmed he'll be among the stars acting out scenes tragic **Heath Ledger** never got to shoot in his final film, confessing it'll be an "incredibly painful tribute." The Irish actor, **Jude Law** and **Johnny Depp** will help director **Terry Gilliam** complete the film he started with the late Ledger. The superstar trio will pick up the role Ledger was playing in **The Imaginarium Of Dr. Parnassus** before he accidentally overdosed on prescription drugs in January. And Farrell admits he was flattered to be asked to help Gilliam complete Ledger's last film. He tells the Sydney Daily Telegraph newspaper, "I will be honoured to be part of that. It makes me feel uncomfortable to think about it too much and to get into it really here, but it's an incredibly painful honour... and an honour I wish wasn't bestowed (on me), but an honour none-the-less. It's about getting Heath's work out there... He's too good for any of his work not to be seen, you know, and I'm really keen and looking forward to doing it and just doing the best job I can do." The film, about a magical travelling theatre, also features movie veteran **Christopher Plummer**. Production on the London set has been suspended since just before Ledger's death. **Sarah Jessica Parker** is set to tread the boards in New York, as an Italian air hostess. The 42-year-old will take on the role of a flight attendant in the Broadway version of hit comedy **Boeing Boeing**, which is currently running in London. Parker will appear in the play at New York's Longacre Theatre from April, and insists she is still determined to explore a variety of roles because she doesn't want to become typecast. She says, "Everything I've done since **Sex And The City** ended on TV has been completely different!". **Oscar winner Halle Berry** is set to add fragrance mogul to her resume, after signing a deal to lend her name to a range of perfumes for cosmetic giant Coty. The **Monster's Ball** star joins a host of stars including **Jennifer Lopez**, **Sarah Jessica Parker** and **Gwen Stefani**, who have previously developed fragrances for the beauty giant. Berry will develop a 'fragrance portfolio' for the company, and will appear in Coty's advertising campaigns for the forthcoming products. Steve Marmoris, of Coty, says, "Halle is an iconic actress and symbolizes beauty to many generations. She adds another dimension to the celebrity fragrance market. Halle has always been a little more mysterious, not quite as open with her personal life as some other stars. Her fragrances will allow her to present another facet of her personality to her fans." The range will hit stores around the world in 2009. **Whitney Houston** is set to make her live comeback in London on May 8. Organizers of the Caudwell Children's Legend Ball in Battersea have revealed they've booked the diva for a charity show. Charity founder John Caudwell tells Britain's **Marie Claire** magazine, "We are thrilled to have an artist of Whitney's caliber to headline the event." The comeback concert isn't a big surprise, **Tina Turner** came out of retirement to perform at the charity's 2007 gala, which helped Caudwell raise over \$2 million for disabled children. Houston is currently recording a new album with her mentor, music mogul Clive Davis, who claims the comeback project will be released in November.

NORTH

UCI CINEMAS
ARRÁBIDA SHOPPING
TEL: 707 23 22 21
6 MAR-12 MAR

Awake

Hayden Christensen,
Jessica Alba

Astérix aux Jeux Olympiques
Gérard Depardieu, Alain Delon

The Nanny Diaries

Scarlett Johansson, Laura Linney

Silk

Michael Pitt, Keira Knightley

Alvin and the Chipmunks

Jason Lee, David Cross (PV)

Feast of Love

Morgan Freeman, Greg Kinnear

In the Valley of Elah

Tommy Lee Jones, Charlize Theron

Penelope

Christina Ricci, James McAvoy

Sweeney Todd: The Demon

Barber of Fleet Street

Johnny Depp, Helena Bonham-Carter

P.S. I Love You

Hilary Swank, Gerard Butler

Jumper

Hayden Christensen, Samuel L. Jackson

Juno

Ellen Page, Michael Cera

Michael Clayton

George Clooney, Tom Wilkinson

The Ugly Duckling and Me

Animation PV

Persepolis - Animation

Die Fälscher

Karl Markovics, August Diehl

No Country for Old Men

Tommy Lee Jones, Javier Bardem

Definitely, Maybe

Ryan Reynolds, Isla Fischer

Rambo

Sylvester Stallone, Julie Benz

There Will Be Blood

Daniel Day-Lewis, Dillon Freasier

Atonement

Keira Knightley, James McAvoy

The Other Boleyn Girl

Eric Bana, Natalie Portman

LUSOMUNDO
FORUM AVEIRO
TEL: 707 246362
6 MAR-12 MAR

Astérix aux Jeux Olympiques
Gérard Depardieu, Alain Delon

Lust, Caution

Tony Leung Chiu Wai, Wei Tang

Atonement

Keira Knightley, James McAvoy

Sweeney Todd: The Demon

Barber of Fleet Street

Johnny Depp, Helena Bonham-Carter

Michael Clayton

George Clooney, Tom Wilkinson

Gone Baby Gone

Casey Affleck, Michelle Monaghan

The Kite Runner

Khalid Abdalla, Atossa Leoni

P.S. I Love You

Hilary Swank, Gerard Butler

The Other Boleyn Girl

Eric Bana, Natalie Portman

Enchanted

Amy Adams, Patrick Dempsey (PV)

LUSOMUNDO
GLICÍNIAS
TEL: 707 246362
6 MAR-12 MAR

Astérix aux Jeux Olympiques
Gérard Depardieu, Alain Delon

Into the Wild

Emile Hirsch, Jena Malone

Jumper

Hayden Christensen, Samuel L. Jackson

Rambo

Sylvester Stallone, Julie Benz

In the Valley of Elah

Tommy Lee Jones, Charlize Theron

Definitely, Maybe

Ryan Reynolds, Isla Fischer

The Nanny Diaries

Scarlett Johansson, Laura Linney

LUSOMUNDO
DOLCE VITA COIMBRA
TEL: 707 246362
6 MAR-12 MAR

The Other Boleyn Girl

Eric Bana, Natalie Portman

Juno

Ellen Page, Michael Cera

Awake

Hayden Christensen, Jessica Alba

Astérix aux Jeux Olympiques

Gérard Depardieu, Alain Delon

In the Valley of Elah

Tommy Lee Jones, Charlize Theron

No Country for Old Men

Tommy Lee Jones, Javier Bardem

Persepolis

Animation

Caramel / Sukkar Banat

Nadine Labaki, Yasmine Elmasri

Gone Baby Gone

Casey Affleck, Michelle Monaghan

There Will Be Blood

Daniel Day-Lewis, Dillon Freasier

Atonement

Keira Knightley, James McAvoy

Ratatouille - Animation PV

LUSOMUNDO
FORUM COIMBRA
TEL: 707 246362
6 MAR-12 MAR

Sydney White

Amanda Bynes, Matt Long

The Ugly Duckling and Me

Animation OV & PV

Rambo

Sylvester Stallone, Julie Benz

Astérix aux Jeux Olympiques

Gérard Depardieu, Alain Delon

The Nanny Diaries

Scarlett Johansson, Laura Linney

Definitely, Maybe

Ryan Reynolds, Isla Fischer

Jumper

Hayden Christensen, Samuel L. Jackson

LUSOMUNDO
FOZPLAZA
TEL: 707 246362
6 MAR-12 MAR

Ratatouille - Animation PV

Jumper

Hayden Christensen, Samuel L. Jackson

Astérix aux Jeux Olympiques

Gérard Depardieu, Alain Delon

Atonement

Keira Knightley, James McAvoy

Definitely, Maybe

Ryan Reynolds, Isla Fischer

In the Valley of Elah

Tommy Lee Jones, Charlize Theron

LUSOMUNDO
FERRARA PLAZA
TEL: 707 246362
6 MAR-12 MAR

The Kite Runner

Khalid Abdalla, Atossa Leoni

Sydney White

Amanda Bynes, Matt Long

Rambo

Sylvester Stallone, Julie Benz

Jumper

Hayden Christensen, Samuel L. Jackson

Astérix aux Jeux Olympiques

Gérard Depardieu, Alain Delon

Atonement

Keira Knightley, James McAvoy

Enchanted

Amy Adams, Patrick Dempsey (PV)

LUSOMUNDO
DOLCE VITA DOURO
TEL: 707 246362
6 MAR-12 MAR

Definitely, Maybe

Ryan Reynolds, Isla Fischer

Penelope

Christina Ricci, James McAvoy

Feast of Love

Morgan Freeman, Greg Kinnear

Jumper

Hayden Christensen, Samuel L. Jackson

Rambo

Sylvester Stallone, Julie Benz

Astérix aux Jeux Olympiques
Gérard Depardieu, Alain Delon

Cloverfield

Mike Vogel, Jessica Lucas

The Kite Runner

Khalid Abdalla, Atossa Leoni

Shark Bait - Animation PV

LUSOMUNDO
FORUM VISEU
TEL: 707 246362
6 MAR-12 MAR

Jumper

Hayden Christensen, Samuel L. Jackson

Enchanted

Amy Adams, Patrick Dempsey (PV)

Astérix aux Jeux Olympiques

Gérard Depardieu, Alain Delon

Definitely, Maybe

Ryan Reynolds, Isla Fischer

Sydney White

Amanda Bynes, Matt Long

Feast of Love

Morgan Freeman, Greg Kinnear

Rambo

Sylvester Stallone, Julie Benz

LUSOMUNDO
FORUM VIZELA
TEL: 707 246362
6 MAR-12 MAR

In the Valley of Elah

Tommy Lee Jones, Charlize Theron

The Kite Runner

Khalid Abdalla, Atossa Leoni

Bee Movie - Animation PV

The Breed

Michelle Rodriguez, Oliver Hudson

LUSOMUNDO
BRAGA PARQUE
TEL: 707 246362
6 MAR-12 MAR

Astérix aux Jeux Olympiques

Gérard Depardieu, Alain Delon

Feast of Love

Morgan Freeman, Greg Kinnear

Michael Clayton

George Clooney, Tom Wilkinson

The Other Boleyn Girl

Eric Bana, Natalie Portman

Juno

Ellen Page, Michael Cera

Sweeney Todd: The Demon

Barber of Fleet Street

Johnny Depp, Helena Bonham-Carter

No Country for Old Men

Tommy Lee Jones, Javier Bardem

The Ugly Duckling and Me

Animation OV & PV

P.S. I Love You

Hilary Swank, Gerard Butler

Gone Baby Gone

Casey Affleck, Michelle Monaghan

Jumper

Hayden Christensen, Samuel L. Jackson

LUSOMUNDO
DOLCE VITA PORTO
TEL: 707 246362
6 MAR-12 MAR

No Country for Old Men

Tommy Lee Jones, Javier Bardem

Awake

Hayden Christensen, Jessica Alba

Michael Clayton

George Clooney, Tom Wilkinson

Juno

Ellen Page, Michael Cera

Shark Bait - Animation PV

The Nanny Diaries

Scarlett Johansson, Laura Linney

P.S. I Love You

Hilary Swank, Gerard Butler

Die Fälscher

Karl Markovics, August Diehl

LUSOMUNDO
MAIA SHOPPING
TEL: 707 246362
6 MAR-12 MAR

The Ugly Duckling and Me

Animation OV & PV

Sweeney Todd: The Demon

Barber of Fleet Street

Johnny Depp, Helena Bonham Carter

Sydney White

Amanda Bynes, Matt Long

Astérix aux Jeux Olympiques

Gérard Depardieu, Alain Delon

Jumper

Hayden Christensen, Samuel L. Jackson

Gone Baby Gone

Casey Affleck, Michelle Monaghan

LUSOMUNDO
NORTE SHOPPING
TEL:

North



PORTO

DAILY

Casa da Música: guided visits from Mon-Sun: 10h30; 11h30; 12h30; 15h00; 16h00; 17h00; 18h00 • Tickets can be bought until 10 minutes before the visit • Price: €2; Free for children under 12 • 220120214 • Av. da Boavista, 604-610 • www.casadamusica.com



DAILY

Serralves Foundation: Visits to the exhibitions • Sat: 17h-20h; Sun: 12h-13h • to the architectonic spaces (Museum & Casa de Serralves) Sun: 15h-16h • to the park Sun: 11h-12h • Visits are free on the purchase of an entrance ticket to the museum • Rua D. João de Castro, 210 • Tel: 226 156 584 • serralves@serralves.pt • www.serralves.pt

UNTIL 30 MARCH



Exhibition 'Robert Rauschenberg: Em viagem 70-76' at Museu de Serralves • 1st presentation in Portugal of the internationally acclaimed North-American artist Robert Rauschenberg • Includes 65 works using simple materials like metal, cardboard and cloth • Serralves Museum • Tel: 226156500 / 543 / 584

GUIMARÃES

15 MARCH



Joana Amendoeira in a 'Fado' Concert • Grand Auditorium of Centro Cultural Vila Flor • Price: €10 • Av. • D. Afonso Henriques, 701 • Tel: 253424700 • Fax: 253424710 • www.aoficina.pt

UNTIL 30 MARCH



Photo Exhibition 'Mi Go' Concert • Centro Cultural Vila Flor • Daily except Mon • Av. • D. Afonso Henriques, 701 • Tel: 253424700 • Fax: 253424710 • www.aoficina.pt

ALBUFEIRA

DAILY

Municipal Archaeological Museum • The museum is situated on Praça da República, nº 1 • Open in the Summer from 14h00 to 20h00 (closed Mondays); the remainder of the year open from 10h30 to 16h30 (closed Mondays) • 289512258 • www.cm-albufeira.pt



ALMANCIL

DAILY

Art Exhibition by David Haines • New works for 2008, now showing at George Furniture • EN 125 Torre • tel 966 186 357 • www.wdjhainesartist@tpp3.com



LAGOA

UNTIL 30 MARCH

Playing 'A Bíblia: Toda a Palavra de Deus' (The Bible: All the Word of God) (8 March) • both plays by Companhia de Teatro do Chiado • The comedy 'O Meu Menino' (My Boy) (15 March) with Tozé Martinho, Luís Zagalo, Rita Simões and Florbela Menezes - a new version of the famous play performed 30 years ago by Vasco Santana, Ribeirinho and Irene Isidro • 'Commedia a la Carte' (Comedy a la carte) (20 & 21 March) and 'Viva a Revista' (28, 29 & 30 March) by Octávio Matos and Natalina José • Municipal Auditorium • 282380434 • www.cm-lagoa.pt

LAGOS

UNTIL 15 MARCH



Exhibition of art and photography by David Haines, Moira Maguire and Joao Paulo Carrodo • Amazon Regimental 2 • 9h30 to late • 282380434

PORTIMÃO

15 & 16 MARCH



Voice & Choir Conductor Workshop by Birgit Wegemann • Portimão Music Conservatory Joly Braga Santos • www.academiamusicalagos.net

QUARTEIRA

UNTIL 9 MARCH

Photographic Exhibition 'A Vida Equestre - Tradição e Arte' (Equestrian Life - Tradition and Art) by Helga Seródio • Praça do Mar Art Gallery • For more information: Loulé Municipal Council • 289400600 • www.cm-loule.pt



SANTANA DA SERRA

DAILY

Horse Riding and Walking at Equi-Serra • For more details or to book: 1 hour, 1, 2, 3 days, or 1 week rides, 938147718 • www.equiserra.com



SÃO B. MESSINES

TUE, WED, SAT

'Desperate Horsewives!' social horseriding & lunch for mums and golf widows Tuesday am. • **Pony Club Sat am & Weds pm** • Quinta da Bica, Messines • Livery, hacks, lessons, horse-share and children's pony parties • Call 282332746 or 914795301 • quintadabica@hotmail.com

SERPA

DAILY



Museu Arqueológico (Archaeological Museum) • Alcáçova do Castelo • 9h30-13h00 / 15h30-19h00 • 284540100 • www.cm-serpa.pt

TAVIRA

DAILY



Cachopo Museum • Centro Paroquial de Cachopo • Tel: 289844191 • www.cm-tavira.pt

Centre



CASCAIS

DAILY

Cascais Cultural Centre • 10h00 to 18h00 (Closed Mon) • Av. Rei Humberto II de Itália • 214848900

DAILY

Sea Museum - Rei D. Carlos • Guided tours: 214825081 • Rua Júlio Pereira de Mello • 10h00-19h00; closed Mondays & Public Holidays • 214825400

ESTORIL

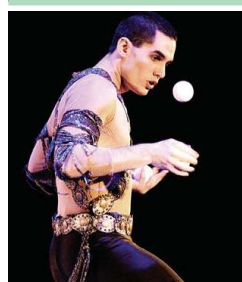
8 MAR-2 APR

Collective Exhibition 'Cursos e Percursos II', by Portuguese and Spanish Fine Arts School Professors at Casino Estoril Art Gallery

Praça José Teodoro dos Santos • 214 667700 • info.cestoril@estoril-sol.com • www.casino-estoril.pt

LISBOA

UNTIL 31 MARCH



The Art of the New Circus • Arena Lounge of Lisbon Casino • Alameda dos Oceanos at Parque das Nações • Metro: Orient Station • www.casino-lisboa.pt • www.ticketline.pt

UNTIL 16 MAR



Exhibition '1807: O Embarque da Família Real para o Brasil' in commemoration of the 200 years anniversary of the boarding of the Portuguese Court to Bahia, Brazil • Museu da Marinha (Navy Museum) • Contacts: Museu de Marinha, Praça do Império, 1400-206 Lisboa • Tel: 213620019 • Fax: 213631987 • geral.museu@marinha.pt

28,29 MARCH



APASSIONATA - the leading European Equestrian Show - this year entitled 'Four Seasons' • Campo Pequeno • 21h30 (on 29th also at 15h30) • Ticket prices from €20 to €55 • Tel: 707234234 • www.ticketline.pt

www.the-news.net

DAILY



National Coach Museum • Set in a 17th century riding school, with a varied collection of royal coaches, uniforms and portraits of the royal family • 10h00-17h30 (Closed Mondays & holidays) • Praça Afonso de Albuquerque • 213610850

DAILY



Oceanarium • Spectacularly designed by architect Peter Chermayeff, it is one of Europe's biggest oceanarium • Park of Nations • Open from 10h00 to 18h00 • 218917002

SINTRA

DAILY



Pena Palace • The Palace dates back to 1839 • Visits info: Sintra City Hall on Largo Dr. Vergílio Horta • 219238500 • geral@cm-sintra.pt

DAILY

Leal da Câmara Museum • Calçada da Rinchoa, 67, Rinchoa • Also has access through Algueirão Velho, Fitaes and Meleças • Tel: 219164303 • Fax: 219236150

ANIMAL CHARITY EVENING

Hotel Paraíso in Albufeira

14th March
19h30

Buffet Dinner,
Wine & Coffee
Live Music &
Dancing
€27.50

All profits go to
local charities
'Quintinha dos
Animais' (Goldra) &
Amigos dos Gatos
do Algarve

Tickets - Info:
289 514 218
or
962 414 584



St. Patrick's Party

SATURDAY, 15th March
19h00 to 02h00

Klonakilty &
Kiss F.M. Disco

5 Star Buffet & Free Bar
Tickets: €47.50

Tel: Marie 282 352 530



'EAST ALGARVE WALKS'
- Every Friday Morning -
For more information, call
Brian on: 913 595 868
moonlightservices@yahoo.co.uk

BBC1

6.00 Breakfast. (T) 10.00 Saturday Kitchen. (T) 11.30 Take on the Takeaway. (R) (T) 12.00 BBC News; Weather. (T) 12.10 Football Focus. (T) 1.00 Live Six Nations Rugby Union. Ireland v Wales (Kick-off 1.15pm). (T) 3.05 Live Six Nations Rugby Union. Scotland v England (Kick-off 3.15pm). (T)

5.15 Match of the Day Live: The FA Cup. Barnsley v Chelsea (Kick-off 5.30pm). (T)

7.40 Weakest Link. A Doctor Who special in which David Tennant, John Barrowman, Camille Coduri, Noel Clarke, K9 and Tracy-Ann Oberman are among those battling it out for intergalactic supremacy. (R) (T)

8.30 The National Lottery Draws. Myleene Klass announces the all-important numbers. (T)

8.40 Casualty. Marilyn announces Harry has been asked to leave at a press conference, while Adam is reluctant to take over his role. Toby is angered by what he reads in Ruth's diary and visits her in ITU. At the private ED where Charlie's working, the former Holby employee receives a tempting job offer. (T)

9.30 Love Soup. Alice becomes infatuated with a dashing young man she meets at a cash machine, while Milly is keen to test the loyalty of her new boyfriend. She recruits Cleo to help her arrange a "honeymoon trap" to tempt him, but the results aren't entirely what they expected. Tamsin Greig and Sheridan Smith star. (T)

10.00BBC News; Weather; (T) National Lottery Update. (T)

10.20Match of the Day. Gary Lineker presents highlights of the day's FA Cup quarter-finals and Premier League fixtures, including Manchester United v Portsmouth at Old Trafford and Liverpool v Newcastle United at Anfield. This is the second time in as many seasons that the Red Devils and Pompey have met in the cup and, after winning 2-1 last time around, United will be confident of progressing once again. The Magpies' last away win at Liverpool came 14 years ago, when Kevin Keegan was in his first managerial spell at the club, but repeating that 2-0 success looks a big ask. (T)

11.30FILM: Cursed (2005). Premiere. Were-wolf horror, starring Christina Ricci. (T)

1.00 Friday Night with Jonathan Ross; (R) (T) Weatherview. 2.05 BBC News 24. (T)



BBC2

6.00 CBeebies: Fimbles. (R) (T) 6.20 Tikkabilla. (R) (T) 6.50 Step Inside. (R) (T) 7.00 CBBC: Watch My Chops. (R) (T) 7.10 Watch My Chops. (R) (T) 7.25 The Cramp Twins. (R) (T) 7.40 Mortified. (R) (T) 8.00 Krypto the Superdog. (R) (T) 8.15 Zombie Hotel. (R) (T) 8.40 Dinosaipen. (R) (T) 9.00 Basil's Swap Shop. (T) 10.00 Prank Patrol. (R) (T) 10.30 What's New Scooby-Doo? (R) (T) 10.50 Best of Friends; (R) (T) The Owl. (T) 11.20 Animalia. (R) (T) 11.45 Sportsround. (T) 12.00 BBC Switch: Sound. (T) 12.30 BBC Switch: Them. (T) 12.45 BBC Switch: Falcon Beach. (T) 1.30 The Sky at Night. (R) (T) 1.50 Film 2008 with Jonathan Ross. (R) (T) 2.20 FILM: And Then There Were None (1945). Agatha Christie whodunit, starring Walter Huston. (T) (bw) 3.55 Monk. (T) 4.40 Final Score. (T) 5.10 What the Papers Say. (T) 5.20 Wildlife on Two. (R) (T) 5.50 BBC News; Regional News; Weather. (T) 6.10 Coast. (R) (T) 7.10 The Culture Show. With The Other Boleyn Girl star Eric Bana. (T) 8.00 Crufts 2008. Coverage of day three of the event. (T) 9.00 Rivers of Blood. Examination of Enoch Powell's controversial 1968 speech. (T) 10.00 Have I Got Old News for You. Another chance to see an edition of the satirical quiz, with host Ronni Ancona, guest panellists Stewart Lee and Andy Hamilton, plus team captains Ian Hislop and Paul Merton. (R) (T) 10.30 Gagging for It: TV's Hunger for Radio Comedy. (T) 11.30 FILM: Tin Men (1987). Comedy drama, starring Richard Dreyfuss. (T) 1.20 The Culture Show. (R) (T) 2.10 Six Nations Rugby Union. (T) 3.50 Six Nations Rugby Union. (T) 5.30 Athletics. (T)

Pick of the Day

ER (C4, 7pm)

It's out with the old, and in with the new in tonight's episode of the long-running US medical drama. After Dr Moretti's departure from County General last week, it seemed as though Dr Pratt would be installed as the hospital's next chief-of-staff. Dr Anspaugh has other ideas, however, naming Dr Skye Wexler as County's temporary head. The poor lass has big shoes to fill, with the likes of Kerry Weaver, John Carter, Mark Greene and Luka Kovac all holding the position in recent years. Speaking of Luka, he's back from Croatia and it's not long before he receives the mother of all ear-bashings from Abby. To make matters worse, he's brought his brother along, which is enough to send Abby, who's still battling alcohol addiction, over the edge. The pair argue but reconcile when Luka receives some bad news about his father. Meanwhile back at the hospital, a fight breaks out when a man is admitted after injuring his arm at work, along with a cleaning lady who was also hurt when she tried to help. All hell breaks loose when their sons trade punches over who is responsible for their injuries. Goran Visnjic, Maura Tierney and Kari Matchett star.

C4

6.10 The Hoobs. (R) (T) 6.35 The Hoobs. (R) (T) 7.00 Goalissimo. (R) (T) 8.00 The Morning Line. (T) 8.55 T4: The Hills. (R) (T) 9.25 T4: V Festival 2008: The Line-Up. 9.55 T4: Hollyoaks Special: Summer's Got a Secret. (R) (T) 10.55 T4: Friends. (R) (T) 11.25 T4: Friends. (R) (T) 11.55 T4: Vanity Lair. (R) (T) 1.00 T4: Age of Love. (T) 2.00 Channel 4 Racing from Sandown Park and Wolverhampton. Including the 3.15 Sunderland Imperial Cup H'cap Hurdle (2m 1/2f). (T) 4.05 Deal or No Deal. (T) 4.55 Jamie at Home. (R) (T) 5.30 Willie's Wonky Chocolate Factory. (R) (T) 6.30 Channel 4 News. (T) 7.00 ER. The Chief of Staff makes a series of changes in the Emergency Room. Abby faces up to her problems, and a secret romance develops between two doctors. (T) 8.00 Grand Designs Revisited. Kevin McCloud checks on the progress of a couple who fell in love with a location near Peterborough and knocked down the existing cottage, replacing it with a contemporary home. (R) (T) 9.00 FILM: We Were Soldiers (2002). Vietnam War drama chronicling the courage of a platoon fighting in the first major battle of the conflict. Mel Gibson and Madeleine Stowe star. (T) 11.35 Wife Swap. A rural housewife trades places with a glamour model. Last in series. (R) (T) 12.40 FILM: Carrie (1976). Horror, starring Sissy Spacek. (T) 2.25 FILM: Repo Man (1984). Sci-fi thriller, starring Emilio Estevez. (T) 3.55 One Minute Past Midnight. (R) (T) 4.10 Salvage Squad. (R) (T) 5.10 Grudge Match. (R) (T) 5.20 Countdown. (R) (T)

FIVE

6.00 Sunrise. 7.00 Milkshake!: The Adventures of Bottle Top Bill and His Best Friend Corky. (R) (T) 7.15 Harry and His Bucket Full of Dinosaurs. (R) (T) 7.35 The Beeps. (R) (T) 7.50 Fireman Sam. (R) (T) 8.00 Rupert Bear. (R) (T) 8.15 Little Princess. (R) (T) 8.35 Hana's Helpline. (R) (T) 8.50 Roary the Racing Car. (R) (T) 9.05 Gerald McBoing Boing. (R) (T) 9.30 Jane and the Dragon. (R) (T) 10.00 Football Italiano Highlights. (T) 10.30 Extraordinary Animals. (R) (T) 11.05 FILM: Kart Racer (2003). Premiere. Drama, starring Randy Quaid. 12.55 Neighbours. (T) 3.00 FILM: The Mirror Has Two Faces (1996). Romantic comedy, starring Barbara Streisand. (T) 5.25 five news and sport. (T) 5.40 FILM: The Man Without a Face (1993). Drama, directed by and starring Mel Gibson. (T) 7.35 Ice Road Truckers. An unprecedented 17-truck convoy that includes the largest load of the season crosses the ice. Meanwhile, Rick Yemm has a confrontation with boss Hugh Rowland. (R) (T) 8.35 NCIS. A female officer is found dead, and though the evidence initially suggests she committed suicide as a result of a nervous breakdown, Ducky suspects foul play was involved. (R) (T) 9.30 CSI: NY. A bridegroom is found stabbed to death on his wedding day, with a mobile phone shoved inside the wound. Stella is unnerved to discover an unexpected gift on her car bonnet. (T) 10.30 Law & Order. (T) 11.30 Crimes That Shook the World. (R) 12.30 Quiz Call. 5.10 Wildlife SOS. (R) (T) 5.35 Wildlife SOS. (R) (T)

LOCAL

RTP1

0630 Childrens TV 0710 Brinca Comigo 0800 Bom Dia Portugal Film-de-Semana 1100 Mudar de Vida 1130 Segredos da Natureza 1230 Contra 1300 News 1415 Top + 1530 Missão de Joan 1715 Miracle Dogs Too, film 1915 O Preço Certo 2000 News 2100 A Voz do Cidadão 2115 Operação Triunfo 0245 Hora da Sorte 0415 Telesales

RTP2

0700 Euronews 0730 África 7 Dias 0800 Couto & Coutadas 0830 Entre Pratos 0900 Universidade Aberta 1000 The Moscow Bolshoi Circus 1130 A Minha Família e Outros Animais 1300 Kabom 1330 Bombordo 1400 Alreganistão – O Tráfico de Heroína 1500 Sport 2100 Entre Pratos 1930 Kabom 2100 Diga Lá Excelência 2145 A Hora da Sorte 2200 News 2240 Um Longo Domingo de Noivado, film 0245 Sport 0615 Euronews

SIC

0700 Sic Kids 0845 Disney Kids 1030 Chiquititas 1200 Nosso Mundo 1300 News 1515 Futsal: Belenses V Sporting 1730 Home Alone II: Lost in New York, film 2000 News 2130 Camacho Costa: 5 Anos de Saude 2300 Desejo Proibido 0000 Resistirei 0145 Vector Film 0330 Quando o Telefone Toca

TVI

0700 Children TV 0900 Smackdown Wrestling 1030 O Bando dos 4.20 DeLuxe 1400 Eureka II 1600 Film TBA 1800 Film TBA 2000 News 2130 Fascínios 2245 Deixa-me Amar 0000 Timeless Obsession, film 0200 Toca a Ganhar 0330 Film TBA 0500 The Office 0530 Telesales

Best of the Rest

BBC3

7.00 Dog Borstal 8.00 Top Gear 9.00 The Real Hustle Las Vegas 9.30 The Most Annoying Pop Moments - We Hate to Love 12.05 Two Pints of Lager and a Packet of Crisps 12.35 The Real Hustle Las Vegas 1.00 Lily Allen and Friends 1.45 The Most Annoying Pop Moments - We Hate to Love 4.15 Lily Allen and Friends 5.00 Close

BBC4

7.00 Emma 7.45 Emma 8.30 Soul Deep: The Story of Black Popular Music 9.30 The Hard Sell 10.00 Selling the Sixties 11.00 Motor City's Burning: Detroit from Motown to the Stooges 12.00 Film: Standing in the Shadows of Motown PG (2002) 1.45 Selling the Sixties 1.45 The Hard Sell 3.15 Selling the Sixties 4.15 Close

ITV2

1.10 American Idol 2.10 Hey Paula! 2.40 Emmerdale 3.40 Harry Hill's TV Burp 4.10 Movies Now 4.25 Ant & Dec's Saturday Night Takeaway 5.45 Hey Paula! 6.15 Coleen's Real Women 7.15 Nanny 911 8.15 Movies Now 8.30 Film: Free Willy 3: The Rescue U (1997) 10.10 Al Murray's Happy Hour 11.15 Film: The Lost World: Jurassic Park PG (1997) 1.40 Entourage 2.10 The Office: An American Workplace 2.35 Nanny 911 3.25 Movies Now 3.35 Emmerdale 6.00 Close

Sky One

1.00 Stargate Atlantis 2.00 Vroom Vroom 3.00 Malcolm in the Middle 3.30 Futurama 4.00 Futurama 4.30 Futurama 5.00 Futurama 5.30 Futurama 6.00

Brainiac: Science Abuse 7.00 Zambesi Shark 8.00 The Boy Who Will Never Grow 9.00 Road Wars 10.00 Road Wars 11.00 Nothing But the Truth 12.00 Bones 1.00 Weeds 1.35 Weeds 2.10 Road Wars 3.05 America's Dumbest Criminals 3.30 Vroom Vroom 4.20 Brainiac: Science Abuse 5.10 Guilty!

UKTV Gold

1.00 The Thin Blue Line 1.40 The Vicar of Dibley 2.20 2point4 Children 3.00 As Time Goes By 3.40 One Foot in the Grave 4.20 Keeping Up Appearances 5.00 When Were We Funniest? 7.00 dinnerladies 7.40 The Thin Blue Line 8.20 The Vicar of Dibley 9.00 The Royle Family 9.40 Absolutely Fabulous 10.20 Men Behaving Badly 11.00 Vicar of Dibley Top 40 Moments 1.00 Friday Night with Jonathan Ross 2.10 Supervolcano 3.55 2point4 Children 4.00 Close Up 4.10 Charlie's Angels 5.00 Close Up 5.10 Dallas

TCM

1.00 The Harvey Girls U (1946) 3.00 Dial M for Murder PG (1954) 4.55 My Favorite Year PG (1982) 6.35 2001: A Space Odyssey U (1968) 9.00 Catholic Boys 15 (1985) 10.50 A Clockwork Orange 18 (1971) 1.15 All Fall Down 12 (1962) 3.10 Teleshopping 3.25 The Glass Slipper U (1954) 5.00 Old Acquaintance U (1943)

The Disney Channel

Kids' programmes from 7am, except: 4.00 Film: Cow Belles U (2006) Disney drama, starring Alyson and Amanda Michalka.

MOVIES

Sky Movies Drama

6.00 Here Comes the Son PG (1996) 7.35 Holy Matrimony PG (1994) 9.10 Honeymoon with Mom 12 (2006) 10.45 Martha: Behind Bars PG (2005) 12.15 The Good Shepherd 15 (2006) With Matt Damon. 3.05 The Lake House PG (2006) With Sandra Bullock. 4.50 Honeymoon with Mom 12 (2006) With Shelley Long. 6.25 Martha: Behind Bars PG (2005) With Cybill Shepherd. 8.00 The Good Shepherd 15 (2006) With Matt Damon. 10.50 The Lake House PG (2006) With Sandra Bullock. 12.30 School Daze 18 (1988) With Laurence Fishburne. 2.35 He Got Game 15 (1998) With Denzel Washington. 4.55 Here Comes the Son PG (1996)

Sky Movies Comedy

7.15 Dr Dolittle 3 PG (2006) 8.55 Like Mike 2: Streetball PG (2006) 10.40 No Time for Nuts 10.50 Ice Age: The Meltdown U (2006) 12.25 The Devil Wears Prada PG (2006) With Meryl Streep. 2.25 Premiere Close Up 2.55 Like Mike 2: Streetball PG (2006) With Jascha Washington. 4.35 The Wedding Singer 12 (1998) With Adam Sandler. 6.15 No Time for Nuts 6.25 Ice Age: The Meltdown U (2006) With Ray Romano. 8.00 The Devil Wears Prada PG (2006) With Meryl Streep. 10.00 The Wedding Singer 12 (1998) With Adam Sandler. 11.40 Stir Crazy 15 (1980) With Gene Wilder. 1.35 I'm Gonna Git You Sucka 15 (1988) With Keenen Ivory

Wayans. 3.10 Woo 15 (1998) 4.40 Boys Klub PG (2001)

Sky Movies Action

6.15 Diplomatic Siege 15 (1999) 8.05 The Fast and the Furious: Tokyo Drift 12 (2006) 10.05 Speed 2: Cruise Control PG (1997) 12.20 The Guardian 15 (2006) With Kevin Costner. 2.45 Firewall 12 (2006) With Harrison Ford. 4.45 Diplomatic Siege 15 (1999) With Tom Berenger. 6.35 The Guardian 15 (2006) With Kevin Costner. 9.00 Tango & Cash 18 (1989) With Sylvester Stallone. 10.45 The Specialist 15 (1994) With Sylvester Stallone. 12.40 The Fast and the Furious: Tokyo Drift 12 (2006) With Lucas Black. 2.25 Lucky Number Sleev 18 (2006) With Josh Hartnett. 4.20 Speed 2: Cruise Control PG (1997)

(R)-repeat programme;

(T)-programme with tele-

text subtitles;

(S)-programme broad-

cast in stereo;

(bw)-black and white.

SPORT

Sky Sports 1

6.00 FIFA Futbol Mundial 6.30 Premier League Preview 7.00 Test Cricket 9.00 Soccer AM 12.00 Live FA Cup Football. Manchester United v Portsmouth (Kick-off 12.45pm). 3.00 Soccer Saturday 6.00 Live Super League. Warrington Wolves v Wigan Warriors (Kick-off 6.00pm). 8.00 Champions League Weekly 8.30 World Sport 9.00 Live Test Cricket. New Zealand v England. 5.00 Sky Cricket Classic 5.30 Champions League Weekly

Sky Sports 2

6.00 Live European Tour Golf. The Malaysian Open. 8.30 World Sport 9.00 NFL: America's Game 10.00 Snow Adventures 10.30 Test Cricket 12.30 Hockey 1.30 NFL: Total Access 2.30 Test Cricket 4.30 Max Power 5.30 Live Rugby Union. Gloucester v London Irish (Kick-off 5.30pm). 7.30 FA Cup Football 8.25 Football First 10.15 Football First 11.45 Football First 1.15 Football First 2.45 FA Cup Football 3.40 Champions League Weekly 4.10 U Can Do It 4.15 Sky Sports Classics 4.30 Live European Tour Golf. The Malaysian Open.

Sky Sports 3

6.00 Aerobics Oz Style 6.30 Live Rugby Union. The Chiefs v The Cheetahs (Kick-off 6.35am). 9.00 Live Rugby Union. The Reds v The Stormers (Kick-off 9.05am). 11.00 WWE: Bottom Line 12.00 World Sport 12.30 Live Badminton. The semi-finals of the All England Championships. 5.30 World Sport 6.00 NFL: Total Access 7.00 Test Cricket 9.00

5.30 ITV Morning News. (T) 6.00 GMTV. 9.40 Dancing on Ice. (R) (T) 10.45 Dancing on Ice: The Skate Off. (R) (T) 11.15 Coronation Street. (T) 1.30 ITV News and Weather. (T) 1.40 London Today. Weather. (T) 1.45 FILM: Richie Rich (1994). Comedy, starring Macaulay Culkin. (T) 3.25 FILM: Diamonds Are Forever (1971). James Bond adventure, starring Sean Connery. Continued after the news. (T) 4.45 London Tonight; Weather. (T)

5.00 ITV News and Weather. (T)

5.15 FILM: Diamonds Are Forever (1971). Concluded. (T)

6.15 All New You've Been Framed! Comedian Harry Hill narrates a selection of camcorder calamities and viewers' mobile phone footage. (T)

6.45 Harry Hill's TV Burp. The quirky comic takes a surreal look at the week's small-screen highlights, subjecting the latest soap sagas, reality shows and documentaries to his unique brand of scrutiny. (T)

7.15 Ant & Dec's Saturday Night Takeaway. The Georgie pals present another fun-packed edition. Showbiz pals Tara Palmer-Tomkinson and Duncan James take to the racetrack in Beat the Boys Extreme and wrestler-turned-actor Dwayne "The Rock" Johnson plays master of ceremonies in the voiceover booth. Plus, all the usual fun, including the fourth round of Ant v Dec: The Teams, the Mouse Trap and more chances to Grab the Ads. (T)

8.30 Duel. Nick Hancock hosts another round of the high-tension quiz show in which one wrong answer can mean instant elimination. Two contestants go head to head, armed with 10 chips with which they can cover as many of the multiple-choice answers as they choose. But as their chips disappear, so do their chances to cover all the bases - so the contest ends up being a battle of both knowledge and nerve. (T)

9.30 Guilty Pleasures. Fearnie Cotton hosts this one-off show in which eight famous musical acts perform songs that are ever so slightly shameful to love. KT Tunstall, the Feeling, Kelly Osbourne, Craig David, the Magic Numbers, Sophie Ellis-Bextor, Amy Macdonald and Danny and Gaz from Supergrass take the plunge by performing numbers including Video Killed the Radio Star, Total Eclipse of the Heart and The Voice. (T)

10.30 FILM: Parenthood (1989). Steve Martin heads the cast of this rib-tickling comedy following three generations of an extended family as they struggle to cope with life and each other. Keanu Reeves also stars. Continues after the news. (T)

11.30 ITV News and Weather; Weather. (T) 11.45 FILM: Parenthood (1989). Concluded. (T) 1.10 Nightwatch with Steve Scott: Mystery. (T) ITV News Headlines. 2.05 FILM: The Other Sister (1999). Romantic comedy, starring Juliette Lewis. (T) 4.10 ITV Nightscreen.

British Eurosport

7.30 Eurogals 8.00 Ski Jumping 8.45 Live Cross-Country Skiing. The World Cup meeting in Oslo. 10.30 Live Biathlon. World Cup coverage from Khanty-Mansiysk, Russia. 11.15 Live Cross-Country Skiing. The World Cup meeting in Oslo. 12.30 Live Biathlon. World Cup coverage from Khanty-Mansiysk. 1.15 Live Cross-Country Skiing. The World Cup meeting in Oslo. 2.00 Nordic Combined Skiing 2.45 Live Nordic Combined Skiing. The World Cup meeting in Oslo. 3.30 Live ATP Tennis. The Dubai Tennis Championships final. 5.15 Ski Jumping 6.00 Live Athletics. The World Indoor Championships. 7.45 Live MotoGP. The Grand Prix of Qatar MotoGP qualifying session. 10.45 French Rugby 11.45 euroCRASH! 12.00 WTA Tennis 1.00 Close

Sky Sports Xtra

6.00 Tight Lines 7.00 Big League Weekend 8.00 Champions League Weekly 8.30 Premier League Preview 9.00 WWE: Smackdown 11.00 Friday Fight Night 1.00 European Tour Golf 5.00 WWE: Smackdown 7.00 Live Spanish Football. A double bill of La Liga matches. 11.00 Golf Night 1.00 Rugby Union 3.00 Spanish Football 4.30 NFL: Total Access 5.30 World Sport



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BBC1

6.00 Breakfast. (T) 9.15 To Buy or Not to Buy. (T) 10.00 Living in the Sun. (T) BBC News; Weather. (T) 11.00 Homes Under the Hammer. (T) 11.30 Put Your Money Where Your Mouth Is; (T) BBC News; Weather. (T) 12.15 Bargain Hunt. (T) 1.00 BBC News; Weather. (T) 1.30 Regional News; Weather. (T) 1.45 Doctors. (T) 2.15 Diagnosis Murder. (R) (T) 3.00 BBC News; Weather; Regional News. (T) 3.05 CBeebies: Mister Maker. (R) (T) 3.25 Take a Bow. (R) (T) 3.30 CBBC: Raven. (R) (T) 4.00 Thumb Wrestling Federation: TWF. (R) (T) 4.05 The Revenge Files of Alistair Fury. (R) (T) 4.35 MI High. (R) (T) 5.00 Newsround. (T)

5.15 Weakest Link. General knowledge quiz, with Anne Robinson, as members of the public try to outdo each other to win a cash prize. (T) BBC News; Weather. (T) Regional News Programmes; Weather. (T) The ONE Show. (T)

7.30 Watchdog. Investigation show, exposing rogue traders and fighting for consumers' rights. With Nicky Campbell, Paul Heiney and Julia Bradbury. (T) BBC News; Regional News. (T)

8.00 EastEnders. A concerned Phil finds Shirley lying on the floor of her flat, but as she comes round her erratic behaviour continues - spurring him into action. Clare gets her claws into a vulnerable Bradley, while Stacey has trouble keeping Steven at arm's length. Heather and Minty grow closer. (T)

8.30 Panorama. Following childminder Keran Henderson's conviction for shaking a baby to death, John Sweeney reports on the debate over shaken baby syndrome. (T)

9.00 Traffic Cops. Humberside's traffic police take on a group of young car thieves playing a dangerous game of catch-us-if-you-can on the region's roads. Meanwhile, a criminal has a nasty surprise in store for local parishioners holding a fundraising event in a church hall. Jamie Theakston narrates. (R) (T)

10.00 BBC News at Ten O'Clock. (T)

10.25 Regional News; Weather. (T) 10.35 Sport Portraits. Part one of two. Six well-known artists look beyond the public persona of sporting heroes Ricky Hatton, Didier Drogba and Zara Phillips to capture the personalities in portraits - which are to be auctioned on behalf of Sport Relief. In the first episode, the sittings get underway. (T)

11.15 Inside Sport. Weekly round-up, presented by Gabby Logan, with interviews, features and reaction to all the latest headlines. (T) 11.55 FILM: Goodbye Lover (1998). Comedy thriller, with Patricia Arquette; (T) Weatherview.

1.35 Sign Zone: Horizon. (R) (T) 2.25 Sign Zone: Wonderland: The Woman Who Bought a School for Her Son. (R) (T) 3.05 Sign Zone: What's Really in Our Food? (R) (T) 3.50 BBC News 24. (T)



BBC2

6.00 CBeebies: Tikkabilla. (R) (T) 6.30 Teletubbies. (R) (T) 7.00 CBBC: Time Warp Trio. (R) (T) 7.25 Newsround; (T) The Owl. (T) 7.30 Brain-Jitsu. (T) 8.30 CBeebies: LazyTown. (R) (T) 8.55 Take a Bow. (R) (T) 9.00 Tommy Zoom. (T) 9.15 The Pingu Show. 9.30 Get Squiggling. (T) 9.45 Something Special. (T) 10.05 Me Too! (R) (T) 10.25 Fun with Phonics. (R) (T) 10.30 Schools: BBC Active Citizenship. (T) 10.50 BBC Active Citizenship. (T) 11.10 Razzledazzle. (T) 11.30 Watch. (T) 11.45 Hands Up! (T) 12.00 The Daily Politics. (T) 12.30 Working Lunch. (T) 1.00 Schools: BBC Primary History. (T) 1.25 FA Cup Semi-Final Draw. (T) 1.30 Ricky's Castle in the Sun. (T) 2.15 Don't Get Done, Get Dom. (R) (T) 3.00 Murder, She Wrote. (R) (T) 3.45 Flog It! (R) (T) 4.30 Ready, Steady, Cook. (T) 5.15 Recipe for Success. (T) 6.00 Eggheads. (T) 6.30 Brainbox Challenge. (T) 7.00 The Twenties in Colour: The Wonderful World of Albert Kahn. Footage shot in France, Canada and North Africa. Last in series. (T) 7.30 Mastermind. Four contestants compete for a place in the final. (T) 8.00 Unknown Africa - Comoros. Saba Douglas-Hamilton explores the Comoros Islands. (T) 8.30 Delia. New series. Ready-made cookery. (T) 9.00 White Girl. Drama exploring cultural tensions in Bradford. 10.30 10 Days to War. (T) 10.40 Newsnight; Weather. (T) 11.20 The Comet's Tale: BBC Four on BBC Two. (T) 12.20 BBC News 24. (T) 2.00 BBC Learning Zone. (T)

Pick of the Day

The Fixer (ITV1 Granada, 9pm)

Hot on the heels of Dexter comes another crime drama on ITV1 featuring a morally ambiguous anti-hero as the lead. Andrew Buchan plays John Mercer, an ex-Special Forces man who is five years into a life sentence for murdering his aunt and uncle - in revenge for the years of physical abuse inflicted by them on his sister Jess (Liz White) - when he is released from prison unexpectedly early. Mercer is soon introduced to Lenny Jameson (Peter Mullan), ostensibly a police officer who retired due to ill health, but in fact a shadowy government operative who takes on those who have managed to evade the traditional arm of the law. Jameson gives the ex-con the chance to gain his freedom by assassinating a criminal who escaped prosecution for the murder of a cop. Initially reluctant to carry out the hit, Mercer realises his traumatised sister needs him around and decides to take up the offer in order look after her. However, he is shocked to discover that Jameson has no intent of letting him go so easily and the role of hitman is a position he is expected to fill for the foreseeable future.

C4

6.00 The Treacle People. (R) (T) 6.10 The Hoobs. (R) (T) 6.35 The Hoobs. (R) (T) 7.00 Freshly Squeezed. 7.30 Everybody Loves Raymond. (R) (T) 8.00 Just Shoot Me. (R) (T) 8.30 Frasier. (R) (T) 9.00 Will & Grace. (R) (T) 9.30 Sex, Lies and Soaps. (R) (T) 3 Minute Wonder. (R) (T) 10.00 Advertising Uncut. (R) (T) 3 Minute Wonder. (R) (T) 10.30 TV Is Dead? (R) (T) 3 Minute Wonder. (R) (T) 11.00 Trouble Online. (R) (T) 3 Minute Wonder. (R) (T) 11.30 Tricky Business. (R) (T) 3 Minute Wonder. (R) (T) 12.00 News at Noon. (T) 12.30 A Place in Slovakia. (R) (T) 1.00 A Place in Slovakia. (R) (T) 1.35 FILM: Flying Tigers (1942). World War Two drama, starring John Wayne. (T) 3.25 Countdown. (T) 4.15 Deal or No Deal. (T) 5.00 Richard & Judy. (T) 6.00 The Simpsons. (R) (T) 6.30 Hollyoaks. (T) 7.00 Channel 4 News. (T) 7.55 3 Minute Wonder: Iraq and Me. New series. The lives of Britons linked with the war-torn country. (T) 8.00 The Fake Trade. Part two of two. The hidden victims of counterfeiting. (T) 9.00 Stephen Hawking - Master of the Universe. Part two of two. The professor discusses theoretical physics. (T) 10.00 Without a Trace. A girl vanishes during her high-school prom. Investigators find a bloody dress in her hotel room and gather witness accounts of her leaving the festivities early. (T) 11.05 Without a Trace. (T) 11.50 FILM: Angel Eyes (2001). Drama, starring Jennifer Lopez. (T) 1.40 In Your Dreams. (R) (T) 1.50 Stagnate. (R) (T) 1.55 3 Minute Wonder: The Best of Fourdocs. (R) (T) 2.00 World Cup Skiing. 4.00 Channel 4 Education. (T)

FIVE

6.00 Milkshake! Tickle, Patch and Friends. (T) 6.25 Thomas & Friends. (R) (T) 6.35 Rupert Bear. (R) (T) 6.45 Animal Families. (R) (T) 7.00 Miss Spider's Sunny Patch Friends. (R) (T) 7.15 Harry and His Bucket Full of Dinosaurs. (R) (T) 7.25 Little Lodgers. (R) (T) 7.30 The Mr Men Show. (T) 7.45 Footbar and Custard Too. (R) (T) 7.50 Make Way for Noddy. (R) (T) 8.05 Fili and the Flowtots. (R) (T) 8.15 Sailor Sid. (R) (T) 8.20 Peppa Pig. (R) (T) 8.25 Thomas & Friends. (R) (T) 8.40 Pocoyo. (R) (T) 8.50 Bird Bath. (R) (T) 9.00 The Wright Stuff. (T) 10.30 Trisha Goddard. (T) 11.30 Build a New Life in the Country. (R) (T) 12.30 five news. (T) 12.45 Law & Order. (R) (T) 1.45 Neighbours. (T) 2.15 Home and Away. (T) 2.50 Rough Guide to. (R) (T) 3.00 FILM: Mary Higgins Clark's Lucky Day (2002). Suspense thriller, starring Amanda Donohoe. (T) 5.00 five news with Natasha Kaplinsky. 5.30 Neighbours. (R) (T) 6.00 Home and Away. (R) (T) 6.30 Zoo Days. (T) 7.00 five news with Natasha Kaplinsky. 7.30 How Do They Do It? The mysteries of recycling. Last in series; (T) 7.30 five news update. (T) 8.00 Fifth Gear. Behind the scenes at the NASCAR Daytona 500 race; (T) 8.00 five news at 9. 9.00 Breaking into Tesco. Cooks create dishes suitable for the supermarket. (T) 10.00 The Woman Who Escaped from the Wests. The story of Caroline Roberts, who escaped Fred and Rose West. (T) 11.00 FILM: Cruising (1980). Thriller, starring Al Pacino. (T) 12.55 NASCAR. 1.55 US PGA Golf. 2.45 NBA 360. 3.30 Race and Rally UK. 3.55 Motorsport Mundial. 4.20 French Football - Le Championnat. 5.10 Neighbours. (R) (T) 5.35 House Doctor. (R) (T)

ITV1

5.30 ITV Morning News. (T) 6.00 GMTV. (T) 9.25 The Jeremy Kyle Show. (T) 10.30 This Morning. (T) 12.30 Loose Women. (T) 1.30 ITV Lunchtime News. (T) 2.00 Dickinson's Real Deal. (R) (T) 2.30 The Alan Titchmarsh Show. (T) 3.30 The Royal Today. (T) 3.59 London Weather. (T) 4.00 Rosemary & Thyme. (R) (T)

5.00 Golden Balls. Jasper Carrott hosts the show in which four contestants enter a game of truth and bluff to find the life-changing amount of cash hidden inside one of a set of golden balls. (T)

6.00 London Tonight; Weather. (T)

6.30 ITV Evening News; Weather. (T)

7.00 Emmerdale. Jimmy demands the rent arrears from Jo for Butler's Farm. Viv increases her prices at the cafe to raise money for her cot-death charity, while Shadrach vows to go 24 hours without alcohol just as staff at the Woolpack decide to host a yard of ale contest. Lily tries to make peace with Edna. (T) 7.30 Coronation Street. Kirk rejects Claire's offer of help, but after Chesney is left at home alone a social worker turns up to inspect the house. David's curiosity is aroused when he catches Gail and Tina talking in the kitchen, and Liam quips that Tony is so involved in Underworld he might as well buy him out. (T)

8.00 The Taxman Cometh: Tonight. (T)

8.30 Coronation Street. Maria comforts a devastated Kirk, and Claire comes clean to Ashley when the consequences of her actions hit home. Panicking as the day of her termination approaches, Tina struggles to cope with her guilty conscience about fobbing David off. Meanwhile, Ryan admits he would like to get to know Nick. (T)

9.00 The Fixer. New drama series. A former soldier jailed for killing a pair of relatives who abused his sister is released from prison early and drawn into a shadowy organisation that works above the law. Forced to take on a role as a hit-man to secure his freedom, he works alongside an accomplished thief and a deadly femme fatale to tackle organised crime. Andrew Buchan, Jody Latham and Tamzin Outhwaite star. (T)

10.00 News at Ten and Weather; Weather. (T) 10.35FILM: Demolition Man (1993). Sci-fi thriller, starring Sylvester Stallone. (T)

12.40 UEFA Champions League Weekly. (T) 1.10 Nightwatch with Steve Scott: Crime; (T) ITV News Headlines. 2.05 Loose Women. (R) 2.55 Make Me Perfect. (R) (T) 3.40 ITV Nightscreen.

LOCAL

RTP1
0630 Bom Dia Portugal 1000
Praça da Alegria 1300 Jornal da Tarde 1515 Prova de Amor 1515 Portugal no Coração 1800 Portugal em Directo 1905 O Preço Certo 2000 News 2100 Notas Soltas 2010 Sabe Mais do Que um Miúdo de 10 Anos? 2230 Prós e Contras 0130 O Tutor 0400 Telesales 0605 Nós

RTP2
0700 Euronews 0715 Zig Zag 1300 Discovery Hour 1400 Sociedade Civil 1530 Da Terra ao Mar 1600 National Geographic 1700 Zig Zag 1830 A Fé dos Homens 1905 Eurodeputados 1945 Zig Zag 2045 Friends 2115 National Geographic 2150 A Hora da Sorte 2200 News 2240 Seis Graus 2300 Batedores 0030 Noites 0115 Universidades 0145 Discovery Hour 0245 Diga Lá - Excelência 0345 Eurodeputados 0415 Sociedade Civil 0545 Euronews

SIC
0700 Floribella 0830 Sic Kids 0915 Floribella 1000 Fátima 1300 News 1415 Desajo Proibido 0115 Eterna Magia 1545 Contacto 1800 Sete Pecados 1900 A Ganhar é que a Gente se Entende 2000 News 2130 Os Malucos do Riso 2215 Duas Caras 2330 Resistiré 0030 CSI Miami 0130 Rescue Me 0330 Quando o Telefone Toca
TVI
0700 Diário da Manhã 1000 Você na TV 1300 News 1400 As Tardes da Júlia 1700 Quem Quer Ganha 1800 Morangos com Açúcar 2000 News 2200 Fascínios 2300 Deixa-me 0200 Toca a Ganhar 0345 Film TBA 0530 Telesales

Best of the Rest

BBC3
7.00 Dragons' Den 8.00 The Real Hustle 8.30 The Real Hustle Las Vegas 9.00 West 10 LDN 10.00 EastEnders 10.30 Dawn Gets Her Man 11.30 Upstaged 12.00 Family Guy 12.25 Family Guy 12.45 West 10 LDN 1.40 The Real Hustle Las Vegas 2.10 Dawn Gets Her Man 3.10 The Real Hustle 3.40 Find Me the Face 4.40 Close

BBC4
7.00 World News Today 7.00 Weather 7.30 The Cult of Sunday Night 8.00 Steptoe and Son 8.30 Thoroughly Modern 9.00 The Prime Minister and the Press Barons 10.00 Maxwell 11.30 A Tabloid Is Born 12.30 The Protestant Revolution 1.30 The Prime Minister and the Press Barons 2.30 The Cult of Sunday Night 3.00 The Protestant Revolution 4.00 Close

ITV2
1.00 Emmerdale 1.30 The Jeremy Kyle Show 2.35 The Jeremy Kyle Show 3.45 Ricki Lake 4.30 Sally Jessy Raphael 5.20 The Montel Williams Show 6.05 Judge Judy 7.00 Smallville 8.00 Harry Hill's TV Burp 8.30 Divas: Gone Bad 9.00 Empire Movie Awards 2008 10.30 Film: What Lies Beneath 15 (2000) 12.55 Coronation Street 1.25 Coronation Street 1.55 Teleshopping 4.55 ITV2 Nightscreen 6.00 Close

Sky One
1.00 Cold Case 2.00 Las Vegas 3.00 Stargate SG-1 4.00 Stargate SG-1 5.00 Are You Smarter Than a 10 Year

Old? 6.00 Futurama 6.30 Malcolm in the Middle 7.00 The Simpsons 7.30 The Simpsons 8.00 The Simpsons 8.30 The Simpsons 9.00 Road Wars 10.00 Night Cops 11.00 Road Wars 12.00 Street Wars 1.00 Road Wars 1.50 Las Vegas 2.40 Greece Uncovered 3.30 Rescue Me 4.20 Dream Team 5.10 Guilty!

UKTV Gold
1.00 Last of the Summer Wine 1.35 Keeping Up Appearances 2.15 My Hero 2.55 dinnerladies 3.40 My Family 4.20 Keeping Up Appearances 5.00 My Hero 5.40 dinnerladies 6.20 My Family 7.00 New Tricks 8.00 New Tricks 8.00 Film: The Freshman PG (1990) 11.05 The Royle Family 11.50 Men Behaving Badly 12.30 Two Pints of Lager and a Packet of Crisps 1.05 Friday Night with Jonathan Ross 2.15 Sorry! 2.50 As Time Goes By 3.20 The Bill 4.10 EastEnders 4.45 Fantasy Island 5.35 Neighbours

TCM
1.00 That Forsyte Woman U (1949) 3.00 Thirty Seconds Over Tokyo PG (1944) 5.25 To Have and Have Not U (1944) 7.10 Catwalk PG (1971) 9.00 Where Eagles Dare PG (1969) 11.45 The Strawberry Statement 15 (1970) 1.40 Rio Rita U (1942) 3.10 Teleshopping 3.25 Suzy U (1936) 5.00 The Courtship of Eddie's Father U (1963)

The Disney Channel
Kids' programmes from 7am, except:

MOVIES

Sky Movies Drama

6.25 A Time to Decide PG (2000) 8.05 A Marriage of Convenience PG (1998) 9.45 In the Line of Duty: Siege at Marion PG (1992) 11.25 Little Man Tate PG (1991) With Jodie Foster. 1.15 Pleasantville 12 (1998) With Tobey Maguire. 3.30 Drama Close Up 4.00 Elizabethtown 12 (2005) With Orlando Bloom. 6.10 Little Man Tate PG (1991) With Jodie Foster. 8.00 Pleasantville 12 (1998) With Tobey Maguire. 10.15 Elizabethtown 12 (2005) With Orlando Bloom. 12.25 The Libertine 18 (2004) With Johnny Depp. 2.30 Breakfast on Pluto 15 (2005) With Cillian Murphy. 4.50 A Marriage of Convenience PG (1998)

Sky Movies Comedy

6.25 Home Team PG (1998) 8.10 Project: ALF PG (1996) 9.50 Just Like Heaven PG (2005) 11.30 Police Academy 6: City Under Siege PG (1989) With Bubba Smith. 1.00 White Men Can't Jump 15 (1992) With Woody Harrelson. 3.00 Tenacious D in the Pick of Destiny 15 (2006) With Jack Black. 4.45 Just Like Heaven PG (2005) With Reese Witherspoon. 6.30 Police Academy 6: City Under Siege PG (1989) With Bubba Smith. 8.00 White Men Can't Jump 15 (1992) With Woody Harrelson. 10.00 Tenacious D in the Pick of Destiny 15 (2006) With Jack Black. 11.40 Dukes of Hazzard: The Beginning 15 (2007) With Jonathan Bennett. 1.20 How to Be a Player 18 (1997) With Bill Bellamy. 2.55 Love at First Bite 15 (1979) With George Hamilton. 4.35 Home Team PG (1998)

Sky Movies Action

6.15 The Legend of Butch and Sundance PG (2004) 7.55 Ninja Dragons PG (1994) 9.40 The Matador 15 (2005) 11.30 Walker, Texas Ranger: Trial by Fire (2005) With Chuck Norris. 1.15 The Siege 15 (1998) With Denzel Washington. 3.15 Ninja Dragons PG (1994) With Stephen Furst. 5.00 The Bank Job Close Up 5.30 The Matador 15 (2005) With Pierce Brosnan. 7.15 Walker, Texas Ranger: Trial by Fire (2005) With Chuck Norris. 9.00 The Siege 15 (1998) With Denzel Washington. 11.00 The General's Daughter 18 (1999) With John Travolta. 1.00 Stay 18 (2005) With Ewan McGregor. 2.45 The Young Americans 18 (1993) With Harvey Keitel. 4.35 The Legend of Butch and Sundance PG (2004)

(R) - repeat programme;

(T) - programme with tele-

text subtitles;

(S) - programme broadcast

ing stereo;

(bw) - black and white.

SPORT

Sky Sports 1

6.00 Good Morning Sports Fans 9.00 Football First 10.30 Scottish Cup Football 11.00 Spanish Football 1.00 Football First 2.30 Scottish Cup Football 3.00 Spanish Football 5.00 Soccer AM: The Best Bits 6.00 Big League Weekend 7.30 Monday Night Live. Chesterfield v Milton Keynes Dons (Kick-off 7.45pm). 10.00 You're on Sky Sports! 11.00 Big League Weekend 12.30 Soccer AM: The Best Bits 1.30 Champions League Weekly 2.00 Big League Weekend 3.30 Soccer AM: The Best Bits 4.30 Champions League Weekly 5.00 You're on Sky Sports!

Sky Sports 2

6.00 Aerobics Oz Style 6.30 Snow Adventures 7.00 WWE: Bottom Line 8.00 Golf Night 10.00 Rugby Union 12.00 Golf Night 2.00 Snow Adventures 6.30 Wild Spirits 7.00 Sports Adventure 7.30 World Motor Sport 10.00 Bass Fishing 11.00 Thinking Tackle 12.00 World Motor Sport 2.30 Close

Sky Sports 3

6.00 Close 7.00 Hockey 8.00 Badminton 11.00 Racing News 11.30 Aerobics Oz Style 12.00 Squash 1.00 Squash 2.00 Badminton 5.00 WWE: Raw

7.00 Hockey 8.00 Bass Fishing 9.00 Thinking Tackle 10.00 WWE: Late Night - Bottom Line 11.00 WWE: Afterburn 12.00 Live WWE: Late Night - Raw. Wrestling action from the States. 3.00 Close

British Eurosport

7.30 Motorsports Weekend 7.45 MotoGP 8.45 Speed Skating 9.45 Ski Jumping 11.00 Athletics 12.00 MotoGP 1.00 Biathlon 1.30 Cycling 2.00 Live Cycling. Stage one of the Paris-Nice race. 3.45 ATP Tennis 5.00 Eurogoals 5.45 WATTS 6.00 Viking 6.30 Viking 7.00 Strongest Man 8.00 MotoGP 10.00 Cycling 11.00 Eurogoals 11.45 French Rugby 12.15 Motorsports Weekend 12.30 Close

Sky Sports Xtra

11.00 Hockey 12.00 NASCAR 4.00 Snow Adventures 4.30 Aerobics Oz Style 5.00 Bass Fishing 6.00 Thinking Tackle 7.00 Squash 8.00 Squash 9.00 Snow Adventures 9.30 Wild Spirits 10.00 Hockey 11.00 Snow Adventures 11.30 Wild Spirits 12.00 Bass Fishing 1.00 Thinking Tackle 2.00 Snow Adventures 2.30 Wild Spirits 3.00 Hockey 4.00 Close

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BBC1

6.00 Breakfast. (T) 9.15 To Buy or Not to Buy. (T) 10.00 Living in the Sun; (T) BBC News; Weather. (T) 11.00 Homes Under the Hammer. (R) (T) 11.30 Put Your Money Where Your Mouth Is; (T) BBC News; Weather. (T) 12.15 Bargain Hunt. (T) 1.00 BBC News; Weather. (T) 1.30 Regional News; Weather. (T) 1.45 Doctors. (T) 2.15 Diagnosis Murder. (R) (T) 3.00 BBC News; Weather; Regional News. (T) 3.05 CBeebies: Mister Maker. (R) (T) 3.25 Take a Bow. (R) (T) 3.30 CBBC: Raven. (T) 3.55 The Cramp Twins. (R) (T) 4.10 Best of Friends. (T) 4.35 Blue Peter. (T) 5.00 Newsround. (T)

5.15 Weakest Link. Anne Robinson oversees the backstabbing general knowledge quiz. (T)

6.00 BBC News; Weather. (T)

6.30 Regional News Programmes; Weather. (T)

7.00 The ONE Show. (T)

7.30 EastEnders. Sean becomes impatient with Tanya as she continues to play happy families, but she assures him it's all part of the plan. Lucy becomes increasingly annoyed with Ian as he lavishes attention on Peter, and a nervous Shirley reluctantly reads the doctor's referral letter. (T) BBC News; Regional News. (T)

8.00 Holly City. Part one of two. Connie struggles to cope as her daughter Grace fights for life and Elliot realises she needs Sam's support. Maddy worries about Linden's increasingly odd behaviour around Chloe, who needs emergency surgery, and Donna's plan to attract Michael almost comes to fruition, but just as they seem about to get intimate the couple are interrupted by a phone call. (T)

9.00 Hotel Babylon. Tony is surprised when his 13-year-old daughter arrives for a West End audition, but a crisis stops him giving her the attention she craves. Charlie sets the socially inept final deputy manager candidate a challenge, and Gino's brother pays him a visit, but when the sibling wins over the staff and even makes better cocktails, jealousy sets in. Guest starring Jon Culshaw and Bonnie Langford. (T)

10.00 BBC News at Ten O'Clock. (T)

10.25 Regional News; Weather. (T)

10.35 Sport Portraits. Part two of two. Stella Vine meets Didier Drogba as the artists continue their attempts to capture the sporting personalities in portraits. With the deadline fast approaching, they all rush to complete their pictures before they are auctioned on behalf of Sport Relief. (T)

11.15 Film 2008 with Jonathan Ross. With the school holidays fast approaching, reviews of family friendly films including prehistoric adventure 10,000 BC and animated comedy Horton Hears a Who!, an adaptation of the book by Dr Seuss featuring the vocal talents of Jim Carrey and Steve Carell. (T)

11.45 FILM: Strictly Sinatra (2001). Gangster drama, starring Ian Hart; (T) Weatherview.

1.25 Sign Zone: See Hear. (R) (T) 1.55 Sign Zone: Tropic of Capricorn. (R) (T) 2.55 Sign Zone: Life in Cold Blood. (R) (T) 3.55 Sign Zone: What's Really in Our Food? (R) (T) 4.40 BBC News 24. (T)



BBC2

6.00 CBeebies: Tikkabilla. (R) (T)

6.30 Teletubbies. (R) (T) 7.00 CBBC: Time Warp Trio. (R) (T) 7.25 Newsround; (T) The Owl. (T) 7.30 Brain-Jitsu. (T) 8.30 CBeebies: LazyTown. (R) (T) 8.55 Take a Bow. (T) 9.00 Tommy Zoom. (R) (T) 9.15 The Pingu Show. (R) 9.30 Get Squiggling. (T) 9.45 Something Special. (T) 10.05 Me Too! (R) (T) 10.25 Fun with Phonics. (R) (T) 10.30 Schools: Words and Pictures. (T) 10.40 Words and Pictures. (T) 10.50 BBC Primary Geography. (T) 11.10 Timewatch. (R) (T) 12.00 The Daily Politics. (T) 12.30 Working Lunch. (T) 1.00 Schools: The Maths Channel. (T) 1.10 Arabic Language and Culture. (T) 1.30 Animal Park: Wild in Africa. (R) (T) 2.15 Don't Get Done, Get Dom. (R) (T) 3.00 Murder, She Wrote. (R) (T) 3.45 Film It! (R) (T) 4.30 Ready, Steady, Cook. (T) 5.15 Recipe for Success. (T) 6.00 Eggheads. (T) 6.30 Brainbox Challenge. (T) 7.00 Miss Gulag - This World. A beauty pageant inside a Siberian women's prison. (T) 7.30 Wainwright Walks. A favourite route taken by Alfred Wainwright. Last in series. (T) 8.00 An Island Parish. Heike examines underwater creatures. (T) 8.30 Johnny's New Kingdom. The wildlife-lover wants to introduce the hare to his land. (T) 9.00 Immigrants. The influx of Eastern European immigrants. (T) 10.00 Pulling. Louise's mum moves in. Last in series. (T) 10.30 10 Days to War. (T) 10.40 Newsnight; Weather. (T) 11.20 Mad Men. (T) 12.10 Badminton. (T) 1.10 BBC News 24. (T) 2.00 BBC Learning Zone. (T)

Pick of the Day

Cops with Cameras (ITV1 Granada, 9pm)
If you're a fan of The Bill but can't wait until Wednesday for your fix of crime drama taking a look at the life and work of British police, then this could be the show for you. Ten times more gripping than any scripted programme, this high-octane documentary series reveals the reality of life on the beat for our bobbies as they patrol the nation's streets. Secret miniature recording devices are concealed in the jackets of uniformed officers as they go about their everyday duties. The cameras allow the viewers to get up close and personal, providing a real sense of what it's like to be on the frontline of the fight against crime. Rarely has there been such a feeling of being immersed in the situation as the officers take part in dangerous drug raids, dramatic car chases and the wide variety of other situations they must deal with in the course of their duties. Cameras even follow as they take on important covert operations providing a gripping glimpse of real-life officers putting themselves in harm's way for our protection.

C4

6.00 The Treacle People. (R) (T)

6.10 The Hoobs. (R) (T) 6.35 The Hoobs. (R) (T) 7.00 Freshly Squeezed. 7.30 Everybody Loves Raymond. (R) (T) 8.00 Just Shoot Me. (R) (T) 8.30 The Morning Line. (T) 9.30 Sex, Lies and Soaps; (R) (T) 3 Minute Wonder. (R) (T) 10.00 Advertising Uncut; (R) (T) 3 Minute Wonder. (R) (T) 10.30 TV Is Dead? (R) (T) 3 Minute Wonder. (R) (T) 11.00 Trouble Online; (R) (T) 3 Minute Wonder. (R) (T) 11.30 Ricky Business. (R) (T) 12.00 News at Noon. (T) 12.30 A Place in Slovakia. (R) (T) 1.00 Cheltenham Festival. Including the 3.15 Smurfit Kappa Champion Hurdle (2m 1/2f). (T) 4.15 Deal or No Deal. (T) 5.00 Richard & Judy. (T) 6.00 The Simpsons. (R) (T) 6.30 Hollyoaks. (T) 7.00 Channel 4 News. (T) 7.55 3 Minute Wonder: Iraq and Me. Following the people responsible for training the men and women due to travel to Iraq in the near future, preparing them for the harsh realities of the area. (T) 8.00 Supersize vs Superskinny. Losing weight to start a family. Last in series. (T) 9.00 The Woman Who Stops Traffic. Kris' final stop is the city of Durham. Last in series. (T) 10.00 Shameless. Paddy faces a long prison sentence for armed robbery. (T) 11.05 Strictly Baby Ballroom. (R) (T) 12.05 Cheltenham Highlights. 12.40 Late Night Poker. 1.35 World Cup Skiing. 3.30 KOTV. (T) 4.00 Channel 4 Education. (T)

FIVE

6.00 Milkshake!: Tickle, Patch and Friends. (T) 6.25 Thomas & Friends. (R) (T) 6.35 Rupert Bear. (R) (T) 6.45 Animal Families. (R) (T) 7.00 Miss Spider's Sunny Patch Friends. (R) (T) 7.15 Harry and His Bucket Full of Dinosaurs. (R) (T) 7.25 Little Lodgers. (R) (T) 7.30 The Mr Men Show. (T) 7.45 Roobarb and Custard Too. (R) (T) 7.50 Make Way for Noddy. (R) (T) 8.05 Fifi and the Flowerfots. (R) (T) 8.15 Sailor Sid. (R) (T) 8.20 Peppa Pig. (R) (T) 8.25 Thomas & Friends. (R) (T) 8.40 Pocoyo. (R) (T) 8.50 Bird Bath. (R) (T) 9.00 The Wright Stuff. (T) 10.30 Trisha Goddard. (T) 11.30 Build a New Life in the Country. (R) (T) 12.30 five news. (T) 12.45 Law & Order. (R) (T) 1.45 Neighbours. (T) 2.15 Home and Away. (T) 2.50 Rough Guide to. (R) (T) 3.00 FILM: Perry Mason: The Case of the Telltale Talk Show Host (1993). Whodunit, starring Raymond Burr. (T) 5.00 five news with Natasha Kaplinsky. (T) 5.30 Neighbours. (R) (T) 6.00 Home and Away. (R) (T) 6.30 Zoo Days. (T) 7.00 five news with Natasha Kaplinsky. (T) 7.30 Animal Rescue Squad. Several lions are saved from hunters; (T) 7.30 five news update. 8.00 Monster Moves. Shifting an entire Massachusetts light-house; (T) 8.00 five news at 9.00 CSI: Crime Scene Investigation. A socialite's murder is linked to illegal dog fighting. (T) 10.00 CSI: Miami. A Marine recruiter is found dead at a shooting range; (R) (T) five news update. (T) 11.00 Law & Order: Criminal Intent. (T) 12.00 FBI Files. (R) (T) 1.00 NBA Basketball. 3.45 Football Italiano. 5.10 Neighbours. (R) (T) 5.35 House Doctor. (R) (T)

ITV1

5.30 ITV Morning News. (T) 6.00 GMTV. (T) 9.25 The Jeremy Kyle Show. (T) 10.30 This Morning. (T) 12.30 Loose Women. (T) 1.30 ITV Lunchtime News. (T) 2.00 Dickinson's Real Deal. (R) (T) 2.30 The Alan Titchmarsh Show. (T) 3.30 The Royal Today. (T) 3.59 London Weather. (T) 4.00 Rosemary & Thyme. (R) (T)

5.00 Golden Balls. Jasper Carrott hosts the show in which four contestants enter a game of truth and bluff to find the life-changing amount of cash hidden inside one of a set of golden balls. (T)

6.00 London Tonight; Weather. (T)

6.30 ITV Evening News; Weather. (T)

7.00 Emmerdale: Deceit. The winner of the refuse contract is revealed - with a bitter shock in store for one party. Charlie continues to make demands on Jo, threatening Sarah to get his way, and when Debbie notices her strange behaviour she is forced to confide in her. Jamie seeks advice from Bob about his relationship with Louise. (T)

8.00 Who Wants to Be a Millionaire? Chris Tarrant invites another line-up of contestants to have a go at answering questions that could change their lives - with lifelines Ask the Audience, Phone a Friend and 50-50 available to them if they get stuck. (T)

9.00 Cops with Cameras. New series. Fly-on-the-wall insight into police work, in which viewers "accompany" officers carrying out duties - thanks to the medium of miniature cameras. Thames Valley police engage in a dramatic car chase to collar a suspect, while officers in London corner a disqualified driver and a crack team in Wales launch a series of dawn raids on crooks involved in a variety of crimes. (T)

10.00 News at Ten and Weather; Weather. (T)

10.35 Harry Hill's TV Burp. The quirky comic takes a surreal look at the week's small-screen highlights, subjecting the latest soap sagas, reality shows and documentaries to his unique brand of scrutiny. (R) (T)

11.05 Soundtrack to My Life. Wet Wet Wet talk about the trials and rewards of a career in pop and reveal their musical influences. Cat Deeley presents.

11.35 Dexter. The Ice Truck Killer strikes again, leaving a macabre piece of evidence for Debra to find. Batista and Doakes investigate the murder of an undercover detective, while Dexter stalks a drunk driver who is about to be acquitted of complicity in a teenager's death. (R) (T)

12.35 Nightwatch with Steve Scott: Crime; (R) (T) ITV News Headlines. 2.25 Loose Women. (R) 3.15 The Jeremy Kyle Show. (R) (T) 4.05 ITV Nightscreen.

LOCAL

RTP1
0630 Bom Dia Portugal 1000
Praça da Alegria 1300 News
1415 Prova de Amor 1515
Portugal No Coração 1800
Portugal em Directo 1905
News 2100 Sabe Mais Do
Que um Miúdo de 10 Anos?
0230 O Tutor 0400
Telealesas 0605 N6s

RTP2
0700 Euronews 0715 Zig
Zag 1300 Discovery Hour
1400 Siciidade Civil 1530
Da Terra Ao Mar 1600
National Geographic 1700
Zig Zag 1830 A Fé Dos
Homens 1900 2010 1945
Zig Zag 2045 Freinds 2110
National geographic 2200
News 2200 Greys Anatomy
2330 Sempre em Pé 0040
Noites da 2
0115Universidades 0145
Hora Discovery 0245
camara Claa 0355 2010
0535 Sociedade Civil 0605
Euronews

SIC
0700 Floribella 0830 Sic Kids
1100 Fatima 1300 News
1415 Desejo Proibido 1415
Eterna Magia 1515
Contacto 1800 Sete
Pecados 1900 A Ganhar é
Que Agente Se Entende
2000 News 2130 Os Malucos
do Riso 2215 Duas Caras
2330 Resitirel 0030. Entre
Vidas 0130 Rescue Me 0230
Quando o Telefone Toca

TVI
0700 Diário Da Manhã 1000
Vocé na TV 1300 News 1400
As Tardes da Júlia 1700
Quem Quer Ganha 1800
Morangos com Açúcar 2100
News 2215 Doce Fugitiva
0345 Men of Honour, film

Best of the Rest

BBC3
7.00 Dog Borstal 8.00 Find
Me the Face 9.00 The Real
Hustle Las Vegas 9.30
Bizarre ER 10.00
EastEnders 10.30 Lily Allen
and Friends 11.15 Upstaged
11.45 Family Guy 12.10
Family Guy 12.30 The Real
Hustle Las Vegas 1.00
Bizarre ER 1.30 Lily Allen
and Friends 2.15 Find Me
the Face 3.10 Dog Borstal
4.10 Close

BBC4
7.00 World News Today 7.00
Weather 7.30 Pop Go the
Sixties 7.35 Batman 8.00
Around the World in 80
Treasures 9.00 Somebody
Has to Live - The Journey of
Ariel Dorfman: Storyville
10.00 Goodness Gracious
Me 10.30 The Hard Sell 11.40
Steptoe and Son 11.30 A
Year in Tibet 12.30 The
Protestant Revolution 1.30
Proms on Four 2007 3.30
The Protestant Revolution
4.30 Close

ITV2
1.00 Emmerdale 1.30 The
Jeremy Kyle Show 2.35 The
Jeremy Kyle Show 3.45 Ricki
Lake 4.30 Sally Jessy
Raphael 5.20 The Montel
Williams Show 6.05 Judge
Judy 7.00 Smallville 8.00
Rock Rivals 9.00 Bionic
Woman 10.00 Keith Lemon's
Very Brilliant World Tour
10.30 Laura. Ben and Him
11.00 Comedy Cuts 11.30
Bionic Woman 12.30 Empire
Movie Awards 2008 2.00
Teleshopping 5.00 ITV2
Nightscreen 6.00 Close

Sky One
1.00 Cold Case 2.00 Las
Vegas 3.00 Stargate SG-1

4.00 Stargate SG-1 5.00 Are
You Smarter Than a 10 Year
Old? 6.00 Futurama 6.30
Malcolm in the Middle 7.00
The Simpsons 7.30 The
Simpsons 8.00 Stargate
Atlantis 9.00 Ross Kemp on
Gangs 10.00 Lost 11.00
Film: Event Horizon 18
(1997) 12.45 Cold Case 1.45
Las Vegas 2.40 Greece
Uncovered 3.30 Rescue Me
4.20 Dream Team 5.10 Guilty!
UKTV Gold
1.00 Last of the Summer
Wine 1.40 Keeping Up
Appearances 2.20 My Hero
3.00 dinnerladies 3.40 My
Family 4.20 Keeping Up
Appearances 5.00 My Hero
5.40 dinnerladies 6.20 My
Family 7.00 Open All Hours
7.40 Porridge 8.20 Only
Fools and Horses 9.00 The
Vicar of Dibley 9.40 One
Foot in the Grave 10.20
The Royle Family 11.00 The Vicar
of Dibley 11.40 Only Fools
and Horses 12.20 Open All
Hours 1.00 Porridge 1.40
Friday Night with Jonathan
Ross 2.45 Blessed 3.15
Sorry! 3.45 As Time Goes
By 4.15 EastEnders 4.45
Fantasy Island 5.35
Neighbours

TCM
1.00 Mansfield Park 3.00
Battleground PG (1949) 5.05
Harum Scaram U (1965) 6.35
Ada PG (1961) 9.00 The Dirty
Dozen 15 (1967) 11.40 Cool
Breeze 15 (1972) 1.45 Red
Dust U (1932) 3.05
Teleshopping 3.20 The Sea
Wolf PG (1941) 5.00 Random
Harvest U (1942)

The Disney Channel
Kids' programmes from 7am,
except:

MOVIES

Sky Movies Drama
6.30 Christmas on Chestnut
Street (2006) 8.10 Shadow
Makers PG (1989) 10.20
Love Letters PG (1999)
12.00 Silverado PG (1985)
With Kevin Kline. 2.20 Sixty
Six 12 (2006) With Gregg
Sulkin. 4.05 Love Letters
PG (1999) With Laura
Linney. 5.45 Silverado PG
(1985) With Kevin Kline. 8.00
Wild 15 (1996) With
Stephen Fry. 10.00 Sixty
Six 12 (2006) With Gregg
Sulkin. 11.45 Lord of War 15
(2006) With Nicolas Cage.
1.55 If Only 15 (2004) With
Jennifer Love Hewitt. 3.45
Drama Close Up 4.15
Christmas on Chestnut
Street (2006)

Sky Movies Comedy
6.15 Good Burger PG (1997)
7.55 People Will Talk PG
(1951) 9.50 The Shaggy Dog
U (2006) 11.30 Stick It PG
(2006) With Missy Peregrym.
1.15 Nacho Libre 12 (2006)
With Jack Black. 2.50 Good
Burger PG (1997) With Kel
Mitchell. 4.35 The Shaggy
Dog U (2006) With Tim Allen.

6.15 Stick It PG (2006) With
Missy Peregrym. 8.00 Nacho
Libre 12 (2006) With Jack
Black. 9.35 Beefest 18
(2006) With Erik Stolhanske.
11.35 Annie Hall 15 (1977)
With Woody Allen. 1.10 Up
'n' Under 12 (1998) With
Samantha Janus. 2.50 Pal
Joey U (1957) With Frank
Sinatra. 4.40 People Will Talk
PG (1951)

Sky Movies Action
6.10 Night Falls on Manhattan
15 (1997) 8.10 Switchback
15 (1997) 10.10 The Top 10
Show 10.30 Billy Bathgate
15 (1991) 12.30 Night Falls
on Manhattan 15 (1997) With
Andy Garcia. 2.30
Switchback 15 (1997) With
Dennis Quaid. 4.30 Mission:
Impossible III 12 (2006) With
Tom Cruise. 6.40 Conspiracy
Theory 15 (1997) With Mel
Gibson. 9.00 Billy Bathgate
15 (1991) With Dustin
Hoffman. 10.50 Mission:
Impossible III 12 (2006) With
Tom Cruise. 1.00 Man-Thing
15 (2005) With Matthew Le
Nevez. 2.40 Kiss the Girls
18 (1997) With Morgan
Freeman. 4.40 Woman with a
Past PG (1992)

(R)-repeat programme;
(T)-programme with teletext subtitles;
(S)-programme broadcast in stereo;
(bw)-black and white.

SPORT

Sky Sports 1
6.00 Good Morning
Sports Fans 9.00 Soccer
AM: The Best Bits 10.00
Big League Weekend
11.30 Soccer AM: The
Best Bits 12.30 Snow
Adventures 1.00 Big
League Weekend 2.30
Soccer AM: The Best Bits
3.30 Big League
Weekend 5.00 NFL: Total
Access 6.00 Athletics
6.30 Revista De La Liga
7.30 Soccer Special
10.00 Revista De La Liga
11.00 NFL: Total Access
12.00 Revista De La Liga
1.00 World Motor Sport
3.30 Revista De La Liga
4.30 Sports Unlimited
5.30 Powerboating

Sky Sports 2
6.00 Aerobics Oz Style
6.30 Snow Adventures
7.00 WWE: Afterburn
8.00 Winning Post
Special 8.30 Snow
Adventures 9.00 Hockey
10.00 World Motor Sport
12.30 Bass Fishing 1.30
Thinking Tackle 2.30
Wild Spirits 5.30 Pool
6.30 Sports Unlimited
7.30 Live UEFA
Champions League. Inter
Milan v Liverpool (Kick-
off 7.45pm). 10.00 Poker
12.00 Powerboating 1.00
Pool 2.00 Athletics 2.30
Close

Sky Sports 3
9.00 Bass Fishing 10.00
Thinking Tackle 11.00

Racing News 11.30
Aerobics Oz Style 12.00
Triathlon 1.00 NFL: Total
Access 2.00 Snow
Adventures 2.30 Wild
Spirits 3.00 Squash 4.00
Squash 5.00 WWE:
Smackdown 7.00
Powerboating 8.00 Pool
9.00 Athletics 9.30
Powerboating 10.00
Sports Unlimited 11.00
Pool 12.00 ASP Surfing
1.00 NFL: Total Access
2.00 Close

British Eurosport
7.30 Ski Jumping 8.45
Cycling 9.45 euroCRASH!
10.00 MotoGP 11.00
UEFA Champions League
12.45 Eurogoals 1.30
Cycling 2.00 Live
Cycling. Stage two of the
Paris-Nice race. 3.45
ATP Tennis 5.00
Eurogoals 5.15 MotoGP
6.45 Eurogoals 7.30
Boxing 8.00 Live Boxing.
Rugby May v Herbie
Hide. 10.00 UEFA Cup
Football 11.00 Cycling
12.00 WATTS 12.30 Close

Sky Sports Xtra
3.00 Hockey 4.00 Snow
Adventures 4.30
Aerobics Oz Style 5.00
Powerboating 6.00
Squash 7.00 Squash
8.00 NFL: Total Access
9.00 ASP Surfing 10.00
Powerboating 11.00
Snow Adventures 11.30
Powerboating 12.00
Sports Unlimited 1.00
Snow Adventures 1.30
Powerboating 2.00 Close



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PAT Care

See page 41

BBC1

6.00 Breakfast. (T) 9.15 To Buy or Not to Buy. (T) 10.00 Living in the Sun; (T) BBC News; Weather. (T) 11.00 Homes Under the Hammer. (T) 11.30 Put Your Money Where Your Mouth Is; (T) BBC News; Weather. (T) 12.15 Bargain Hunt. (T) 1.00 BBC News; Weather. (T) 1.30 Regional News; Weather. (T) 1.45 Doctors. (T) 2.15 Diagnosis Murder. (R) (T) 3.00 BBC News; Weather; Regional News. (T) 3.05 CBeebies: Mister Maker. (R) (T) 3.25 Take a Bow. (R) (T) 3.30 CBBC: Raven. (R) (T) 4.00 Thumb Wrestling Federation: TWf. (R) (T) 4.05 Sport Relief Special. (T) 4.35 Blue Peter. (T) 5.00 Newsround. (T)

5.15 Weakest Link. Anne Robinson piles on the pressure in another round of the general knowledge contest, where teamwork goes head to head with greed. (T)

6.00 BBC News; Weather. (T)
6.30 Regional News Programmes; Weather. (T)
7.00 The ONE Show. (T)
7.30 A Question of Sport. Footballers Tim Cahill, Brad Friedel, John Arne Riise and Benni McCarthy join team captains Dennis Taylor and Phil Tufnell for a special Sport Relief edition of the quickfire quiz; (T) BBC News; Regional News. (T)

8.00 Holby City. Part two of two. The stress of watching baby Grace's deterioration and arguing with Connie affects Sam's health, and he collapses with septic shock. A mystery man comes looking for Faye, and Joseph is determined to find out who he is, catching up with the stranger in the hospital's basement. Linden is forced to face his demons, prompting him to make a shocking confession. (T)

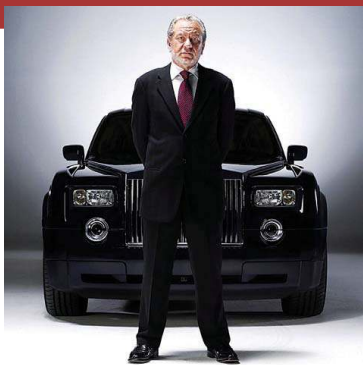
9.00 Sport Relief Does The Apprentice. Alan Sugar challenges Kirstie Allsopp, Louise Redknapp, Lisa Snowdon, Clare Balding and Jacqueline Gold in a charity competition against Phil Tufnell, Lembit Opik, Nick Hancock, Hardeep Kohli and Kelvin Mackenzie. As they attempt to raise money, they enlist the help of fellow celebrities Simon Cowell, David Walliams, Kelly Holmes, Frankie Dettori, Barry McGuigan and Frank Lampard. (T)

10.00 BBC News at Ten O'Clock. (T)
10.25 Regional News; Weather. (T)
10.35 Budget Statement by the Chancellor. (T)
10.40 The National Lottery Draws. The balls are set rolling and the results of the Thunderball and Lotto draws are revealed. (T)

10.45 Crimewatch Special: Killer on Camera. The story of the police investigation that led to the conviction of Levi Belfield for the murders of two women. He had avoided detection for years, but was eventually tracked down with the help of CCTV cameras, and is now under investigation for the death of Milly Dowler. Kirsty Young narrates; (T) National Lottery Update.

11.30 FILM: Made (2001). Gangster comedy, starring Jon Favreau; (T) Weatherview.

1.05 Sign Zone: E-mail is Ruining My Life. (R) (T) 1.35 Sign Zone: The Choir - Boys Don't Sing. (R) (T) 2.35 Sign Zone: An Island Parish. (R) (T) 3.05 Sign Zone: What's Really in Our Food? (R) (T) 3.50 Sign Zone: Gardener of the Year 2007. (R) (T) 4.50 BBC News 24. (T)



BBC2

6.00 CBeebies: Tikkabilla. (R) (T) 6.30 Teletubbies. (R) (T) 7.00 CBBC: Time Warp Trio. (R) (T) 7.25 Newsround; (T) The Owl. (T) 7.30 Brain-Jitsu. (T) 8.30 CBeebies: LazyTown. (R) (T) 8.55 Take a Bow. (T) 9.00 Tommy Zoom. (T) 9.15 The Pingu Show. (R) 9.30 Get Squiggling. (T) 9.45 Something Special. (R) (T) 10.05 Me Too! (R) (T) 10.25 Fun with Phonics. (T) 10.30 Open Gardens. (R) (T) 11.00 See Hear. (T) 11.30 The Budget. (T) 2.30 Animal Park: Wild in Africa. (R) (T) 3.00 Murder, She Wrote. (R) (T) 3.45 Flog It! (R) (T) 4.30 Ready, Steady, Cook. (T) 5.15 Recipe for Success. (T) 6.00 Eggheads. (T) 6.30 Brainbox Challenge. (T) 7.00 The Primary. Following the headmaster and pupils of the multicultural Welford Primary School in Handsworth, Birmingham, a thriving institution in a racially tense area. (T) 8.00 Bill Oddie's Wild Side. Reinroducing beavers to Britain. (T) 8.30 Johnny's New Kingdom. A hot spring hinders Johnny's work. (T) 9.00 Torchwood. Gwen encounters an alien shapeshifter before her wedding. (T) 9.50 Wonderland: The Curious World of Frinton-on-Sea. The lives of people in the seaside resort. Last in series. (T) 10.30 10 Days to War. (T) 10.40 Newsnight; (T) Weather. (T) 11.20 Budget Statement by the Chancellor. (R) (T) 11.25 Desi DNA. (T) 11.55 Indian School: BBC Four on Two. (T) 12.25 BBC News 24. (T) 2.00 BBC Learning Zone.

Pick of the Day

Sport Relief Does The Apprentice (BBC1, 9pm)

Alan Sugar returns with this new special in aid of Sport Relief. Although he won't be hiring any celebs to work for his company, he will be laying down the law if contestants are found slacking off. Sugar may have developed a reputation as a fearsome business animal, but how scary is he? "He's a pussycat. A rather irritating pussycat," smiles contestant Hardeep Singh Kohli. "We locked horns on a number of occasions, but I'm a lover not a fighter; I believe in collaborating and not being unnecessarily aggressive and rude, so we got on like a house on fire because we have so much in common." Was The One Show star a fan of the original series before he signed up? "For me, not only is it the best sort of television, it's the best of that sort of television. It alone vindicates the Licence Fee for a lot of people, and it's meaningful, you know? It's not exploitative of the people taking part. I think we learn a lot from it."

C4

6.00 The Treacle People. (R) (T) 6.10 The Hoobs. (R) (T) 6.35 The Hoobs. (R) (T) 7.00 Freshly Squeezed. 7.30 Everybody Loves Raymond. (R) (T) 8.00 Just Shoot Me. (R) (T) 8.30 The Morning Line. (T) 9.30 Sex, Lies and Soaps: (R) (T) 3 Minute Wonder. (R) (T) 10.00 Advertising Uncut; (R) (T) 3 Minute Wonder. (R) (T) 10.30 TV Is Dead? (R) (T) Before and After/3 Minute Wonder. (R) (T) 11.00 Trouble Online; (R) (T) 3 Minute Wonder. (R) (T) 11.30 Tricky Business; (R) (T) Burning Questions. (R) (T) 12.00 News at Noon. (T) 12.30 A Place in Slovakia. (R) (T) 1.00 Cheltenham Festival. Including the 3.15 Seasons Holidays Queen Mother Champion Chase (2m). (T) 4.15 Deal or No Deal. (T) 5.00 Richard & Judy. (T) 6.00 The Simpsons. (R) (T) 6.30 Hollyoaks. (T) 7.00 Channel 4 News. (T) 7.55 3 Minute Wonder: Iraq and Me. A man who is selling Iraqi currency. (T) 8.00 Relocation, Relocation. Revisiting a couple who found an eco home in Devon. (T) 9.00 Grand Designs Revisited. A couple who had a house built in six days. (T) 10.00 Ramsay's Kitchen Nightmares USA. The chef attempts to change the fortunes of a restaurant just north of Manhattan, which is struggling to attract customers, leading to its owner amassing debts of nearly \$1million. (T) 11.05 Shameless. (R) (T) 12.10 Cheltenham Highlights. 12.40 4Music: Jack Penate: Loose at the Seams. (R) (T) 1.10 4Music: 4Play: Johnny Flynn. (T) 1.25 Wedding Days. (R) (T) 2.25 Love and Money. (R) (T) 3.25 Honeymoon. (R) (T) 3.55 Reasons to Be Cheerful. (R) (T) 4.10 Richard & Judy. (R) 5.10 Countdown. (R) (T)

FIVE

6.00 Milkshake!: Tickle, Patch and Friends. (T) 6.25 Thomas & Friends. (R) (T) 6.35 Rupert Bear. (R) (T) 6.45 Animal Families. (R) (T) 7.00 Miss Spider's Sunny Patch Friends. (R) (T) 7.15 Harry and His Bucket Full of Dinosaurs. (R) (T) 7.25 Little Lodgers. (R) (T) 7.30 The Mr Men Show. (T) 7.45 Roobarb and Custard Too. (R) (T) 7.50 Make Way for Noddy. (R) (T) 8.05 Fifi and the Flowerlotos. (R) (T) 8.15 Sailor Sid. (R) (T) 8.20 Peppa Pig. (R) (T) 8.25 Thomas & Friends. (R) (T) 8.40 Pocoyo. (R) (T) 8.50 Bird Bath. (R) (T) 9.00 The Wright Stuff. (T) 10.30 Trisha Goddard. (R) (T) 11.30 Build a New Life in the Country. (R) (T) 12.30 five news. (T) 12.45 Law & Order. (R) (T) 1.45 Neighbours. (R) (T) 2.15 Home and Away. (T) 2.50 Rough Guide to. (T) 3.05 FILM: The Long Island Incident (1998). Fact-based drama, starring Laurie Metcalf. (T) 5.00 five news with Natasha Kaplinsky. (T) 5.30 Neighbours. (R) (T) 6.00 Home and Away. (R) (T) 6.30 Zoo Days. (R) (T) 7.00 five news with Natasha Kaplinsky. (T) 7.30 Live UEFA Cup Football. PSV Eindhoven v Tottenham Hotspur (Kick-off 7.45pm). Coverage of the last-16 second leg at the Philips Stadium, where Spurs take on the Dutch champions. Subsequent programmes subject to change. (T) 10.00 FILM: Showgirls (1995). A woman sets out to become a star in a Las Vegas show - but reckons without the backstage goings-on that threaten to destroy her. Adult drama, with Elizabeth Berkley. (T) 12.20 Poker Den: The Big Game II. 1.50 NHL Ice Hockey. 4.20 World Supercross Championship. 5.10 Neighbours. (R) (T) 5.35 House Doctor. (R) (T)

ITV1

5.30 ITV Morning News. (T) 6.00 GMTV. (T) 9.25 The Jeremy Kyle Show. (T) 10.30 This Morning. (T) 12.20 Budget 2008 - An ITV News Special. (T) 2.00 Dickinson's Real Deal. (R) (T) 2.30 The Alan Titchmarsh Show. (T) 3.30 The Royal Today. (T) 3.59 London Weather. (T) 4.00 Rosemary & Thyme. (R) (T)

5.00 Golden Balls. Game show, hosted by Jasper Carrott. (T)

6.00 London Tonight; Weather. (T)

6.30 ITV Evening News; Weather. (T)

6.55 Budget Broadcast by the Chancellor of the Exchequer. Alistair Darling explains his Budget. (T)

7.00 Emmerdale. Jamie prepares to propose to Louise but her mind is elsewhere - and soon the whole relationship is in doubt. Jimmy suggests to Matthew that they sell the refuse trucks to Carl. (T)

7.30 Coronation Street. An anxious Tina prepares for her abortion, racked with guilt about keeping David in the dark. Carla is furious to discover Tony has made Liam an offer for his share of the factory, and Michelle reassures Ryan she has no qualms about him meeting Nick. Meanwhile, Norris is blamed for informing on Kirk. (T)

8.00 The Bill. Heaton upsets everyone by deciding to join his PCs on the beat, which couldn't come at a worse time for Beth and Emma, who are suffering after a night's drinking. Fortunately, Gina and Nikki trail them and step in when an arrest has to be made at Canley Market. Roger and Nate find a delivery driver beaten up by a truck-jacker who has made off with a consignment of electrical goods. (T)

9.00 Rock Rivals. Karina launches a record label and signs her three proteges, hoping to make a fortune - only to learn that she and Mal were never legally married in the first place, meaning she may not be entitled to cash in on the Rock Rivals formula. Determined not to meekly forgo her share of the profits, she divides the house down the middle with an electric fence and prepares a counter-offensive. (T)

10.00 News at Ten and Weather; Weather. (T)

10.35 Dexter. Doakes continues to hound Carlos Guerrero, and Dexter begins plotting the death of his next victim, a recently paroled teenage murderer. American drama, starring Michael C Hall. (T)

11.40 Benidorm Unpacked. Series profiling British expatriates who live and work in the Spanish resort, including the Ambassador Hotel's deputy manager Lisa and her colleague Tony, together with Neil and Anya St John, a musical double act who can carry on smiling. (R) (T)

12.10 Nightwatch with Steve Scott: Crime. (T) 1.55 FILM: B Monkey (1998). Thriller, starring Asia Argento; (T) ITV News Headlines. 3.25 The Jeremy Kyle Show. (R) (T) 4.15 ITV Nightscreen.

LOCAL

RTP1

0630 Bom dia Portugal 1000
Praça da Alegria 1300 News
1410 Prova de Amor 1515
Portugal no Coração 1800
Portugal em directo 1905 O
Pêgo Certo 2000 News 0030
O Tutor 0400 Teleseals 0605
Nós

RTP2

0700 euronews 0715 Zig Zag
1300 Discovery Hour 1400
Sociedade Civil 1530 Da Terra
ao Mar 1615 National
Geographic 1700 Zig Zag 1830
A Fé dos Homens 1900
Biosfera 1945 Zig Zag 2045
Friends 2115 National
Geographic 2200 News 2240
The Nine 2330 Clube de
Imprensa 0030 Noites 0145
Discovery Hour 0245
Bastidores 0315 Biosfera
0400 Sociedade Civil 0500
Euronews

SIC

0700 Floribella 0830 Sic Kids
1100 Fatima 1300 News 1415
Desejo Proibido 1500 Eternas
Magia 1530 Contacto 1800
Sete Pecados 1900 A Ganhar
é que a Gente se Entende
2000 News 2045 Sporting V
Basileia 2215 Das Cimas
2330 Resitirei! 0030 CSI Miami
0130 Rescure Me 0230 Quando
O telefone Toca

TVI

0700 Diário Da Manhã 1000
Você na TV 1300 News 1400
As Tardes da Júlia 1700 Que
Quer Ganha 1800 Morangos
com Agúcar - Férias de Verão
2000 News 2115 Ilha dos
Amores 2215 Doce Fugitiva
2315 Tu e Eu 0015 Film TBA
0230 Toca a Ganhar 0345 TVI
Negócios 0400 O Portector
IV 0500 Teleseals

Best of the Rest

BBC3

7.00 Dog Borstal 8.00 Don't
Tell the Bride 9.00 Freaky
Eaters 9.50 Torchwood 10.00
West 10 LDN 11.40 Upstaged
12.10 Family Guy 12.35 Family
Guy 12.55 Two Pints of Lager
and a Packet of Crisps 1.25
West 10 LDN 2.20 Freaky
Eaters 3.10 Two Pints of Lager
and a Packet of Crisps 3.40
Don't Tell the Bride 4.40 Close

BBC4

7.00 World News Today 7.00
Weather 7.30 Pop Go the
Sixties 7.35 Batman 8.00
Monarchy: The Royal Family
at Work 9.00 The Worlds of
Fantasy 10.00 Masterpieces
of Vienna 10.30 The Late
Edition Live 11.00 Mark
Lawson Talks to Stephen Fry
12.00 The Worlds of Fantasy
1.00 The Late Edition 1.30
Mark Lawson Talks to Stephen
Fry 2.30 The Worlds of
Fantasy 3.30 The Late Edition
4.00 Close

ITV2

1.00 Airline USA 1.30 The
Jeremy Kyle Show 2.35 The
Jeremy Kyle Show 3.45 Ricki
Lake 4.30 Sally Jessy
Raphael 5.20 The Montel
Williams Show 6.05 Judy
Judy 7.00 Smallville 8.00
Coleen's Real Women 9.00
Film: Beverly Hills Cop 15
(1984) 11.05 Film: In the Cut
18 (2003) 1.30 Coronation
Street 1.55 Teleshopping 4.55
ITV2 Nightscreen 6.00 Close

Sky One

1.00 Cold Case 2.00 Las
Vegas 3.00 Stargate SG-1
4.00 Stargate SG-1 5.00 Are
You Smarter Than a 10 Year
Old? 6.00 Futurama 6.30
Malcolm in the Middle 7.00

The Simpsons 7.30 The
Simpsons 8.00 The Simpsons
8.30 The Simpsons 9.00
Project Catwalk 10.00 Film:
Event Horizon 18 (1997)
11.45 Road Wars 12.45 Road
Wars 1.45 Las Vegas 2.40
Tenerife Uncovered 3.30
Rescue Me 4.20 Dream Team
5.10 Gullyt!

UKTV Gold

1.00 Last of the Summer Wine
1.40 Keeping Up Appearances
2.20 My Hero 3.00 dinnerladies
3.40 My Family 4.20 Keeping
Up Appearances 5.00 My Hero
Monarchy: The Royal Family
at Work 6.20 My Family
7.00 New Tricks 8.00
Waterloo Road 9.00 Jonathan
Creek 10.00 Only Fools and
Horses 11.30 The Vicar of
Dibley 12.25 Waterloo Road
1.25 Jonathan Creek 2.25
Blessed 2.55 Sorry! 3.25 As
Time Goes By 3.55
EastEnders 4.25 Fantasy
Island 5.15 Neighbours 5.35
Neighbours

TCM

1.00 Today We Live U (1933)
3.00 Objective, Burma! PG
(1945) 5.25 A Very Private
Affair PG (1961) 7.05 Our
Mother's House PG (1967)
9.00 Kelly's Heroes PG (1970)
11.35 The Subterraneans 15
(1960) 1.30 The Prime Minister
U (1941) 3.05 Teleshopping
3.20 Flamingo Road PG (1949)
5.00 The Opposite Sex PG
(1956)

The Disney Channel

Kids' programmes from 7am

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MOVIES

Sky Movies Drama

6.00 Booky Makes Her Mark U
(2006) 7.35 Julius Caesar PG
(1970) 9.35 Hometown Legend
PG (2002) 11.35 Washington
Square PG (1997) With Jennifer
Jason Leigh. 1.35 Drama Close
Up 2.05 Bobby 15 (2006) With
Laurence Fishburne. 4.05
Hometown Legend PG (2002)
With Terry O'Quinn. 6.00
Washington Square PG (1997)
With Jennifer Jason Leigh. 8.00
Bobby 15 (2006) With Laurence
Fishburne. 10.00 Nixon 15
(1995) With Anthony Hopkins.
1.15 Suicide Kings 15 (1997)
With Christopher Walken. 3.10
Mrs Harris 15 (2005) 4.55 Booky
Makes Her Mark U (2006)

Sky Movies Comedy

6.35 Carolina PG (2003) 8.20
Dr Dolittle 3 PG (2006) 9.55 Big
Top Pee-Wee PG (1988) 11.25
Cheaper By the Dozen 2 PG
(2005) With Steve Martin. 1.05
Little Man 12 (2006) With Marlon
Wayans. 2.45 City Slickers II:
The Legend of Curly's Gold 12
(1994) With Billy Crystal. 4.45
Dr Dolittle 3 PG (2006) With
Kyla Pratt. 6.20 Cheaper By
the Dozen 2 PG (2005) With

(R)-repeat programme;

(T)-programme with teletext subtitles;

(S)-programme broadcast in stereo;

(bw)-black and white.

Steve Martin. 8.00 The Wedding
Singer 12 (1998) With Adam
Sandler. 10.00 Little Man 12
(2006) With Marlon Wayans.
11.40 Just Friends 12 (2005)
With Ryan Reynolds. 1.20 Three
Fugitives PG (1989) With Nick
Nolte. 3.00 The Owl and the
Pussycat 15 (1970) With
George Segal. 4.40 Walk, Don't
Run U (1966)

Sky Movies Action

6.25 Young Ivanhoe PG (1995)
8.10 Los Locos: Posse Rides
Again 15 (1997) 10.05
Legionnaire 15 (1998) 12.00
Aeon Flux 15 (2005) With
Charlize Theron. 1.50 Los
Locos: Posse Rides Again 15
(1997) With Mario Van Peebles.
3.40 Shadow Conspiracy 15
(1997) With Charlie Sheen. 5.35
Legionnaire 15 (1998) With
Jean-Claude Van Damme. 7.20
Aeon Flux 15 (2005) With
Charlize Theron. 9.00 16
Blacks 12 (2006) With Bruce
Willis. 10.45 Blow Out 18 (1981)
With John Travolta. 12.40
Inferno 18 (1999) With Jean-
Claude Van Damme. 2.20
Marathon Man 18 (1976) With
Dustin Hoffman. 4.30 Young
Ivanhoe PG (1995)

Sky Sports 1

6.00 Good Morning Sports Fans
9.00 Revista De La Liga 10.00
Poker 12.00 Yachting 1.00
Revista De La Liga 2.00 Poker
4.00 Revista De La Liga 5.00
NFL: Total Access 6.00 Boots
'N' All 7.00 FIFA Futbol Mundial
7.30 Soccer Special 9.00 Live
Test Cricket. New Zealand v
England. 5.00 Aero GP 5.30
FIFA Futbol Mundial

Sky Sports 2

6.00 Aerobics Oz Style 6.30
Snow Adventures 7.00 WWE:
Heat 8.00 Winning Post Special
8.30 Snow Adventures 9.00
Sports Unlimited 10.00 Pool
11.00 Max Power 12.00
Athletics 12.30 Aero GP 1.00
Pool 2.00 Max Power 3.00
International Cricket 4.00
Athletics 4.30 Watersports
World 5.30 FIFA Futbol Mundial
6.00 Total Rugby 6.30
European Tour Weekly 7.00
International Cricket 8.00 Ten
Pin Bowling 9.00 European
Tour Weekly 9.30 Total Rugby
10.00 FIFA Futbol Mundial
10.30 Football Special 12.00
NFL: Total Access 1.00 Poker
3.00 Sports Unlimited 4.00
Boots 'N' All 5.00 Live
European Tour Golf. The
Ballantine's Championship.

Sky Sports 3

10.00 Aero GP 10.30 Athletics
11.00 Racing News 11.30
Aerobics Oz Style 12.00
Sports Unlimited 1.00 NFL:
Total Access 2.00 Snow
Adventures 2.30 Aero GP 3.00
Sports Unlimited 4.00 Pool
5.00 WWE: Bottom Line 6.00

WWE: Afterburn 7.00
Transworld Sport 8.00
Athletics 9.00 Max Power
10.00 Boots 'N' All 11.00 Ten
Pin Bowling 12.00 Total Rugby
12.30 Boots 'N' All 1.30 Aero
GP 2.00 FIFA Futbol Mundial
2.30 Transworld Sport 3.30
Football Special 5.00 Close

British Eurosport

7.30 Yoz Magazine 8.00
Winterpark Weekend 8.30 Live
Alpine Skiing. World Cup
coverage from Bormio. 9.30
Eurogoals 10.15 UEFA Cup
Football 10.45 Alpine Skiing
11.30 Live Alpine Skiing. World
Cup coverage from Bormio.
12.30 UEFA Cup Football 1.30
Live Cycling. Stage three of
the Paris-Nice race. 3.15
Cycling 4.00 UEFA Cup Football
5.00 Eurogoals 5.15 Figure
Skating 6.45 WATTS 7.00 Test
Drive 8.00 Wednesday
Selection 8.10 Riders Club
8.15 US Tour Golf 9.15
European Tour Golf 9.45 Golf
Club 9.50 Yacht Club 9.55
Wednesday Selection 10.00
UEFA Cup Football 11.00
Cycling 12.00 Cycling 12.30
Close

Sky Sports Xtra

4.00 Snow Adventures 4.30
Aerobics Oz Style 5.00
Athletics 6.00 Snow
Adventures 6.30 Aero GP 7.00
Watersports World 8.00 Total
Rugby 8.30 Snow Adventures
9.00 Aero GP 9.30 Wild Spirits
10.00 Transworld Sport 11.00
Snow Adventures 11.30 FIFA
Futbol Mundial 12.00
Watersports World 1.00 Snow
Adventures 1.30 Athletics 2.30
Close

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BBC1

6.00 Breakfast. (T) 9.15 To Buy or Not to Buy. (T) 10.00 Living in the Sun; (T) BBC News; Weather. (T) 11.00 Homes Under the Hammer. (T) 11.30 Put Your Money Where Your Mouth Is; (T) BBC News; Weather. (T) 12.15 Bargain Hunt. (T) 1.00 BBC News; Weather. (T) 1.30 Regional News; Weather. (T) 1.45 Doctors. (T) 2.15 Diagnosis Murder. (R) (T) 3.00 BBC News; Weather; Regional News. (T) 3.05 CBeebies: Mister Maker. (R) (T) 3.25 Take a Bow. (R) (T) 3.30 CBBC: Raven. (R) (T) 3.55 Thumb Wrestling Federation: TWF. (R) (T) 4.05 Best of Friends. (R) (T) 4.35 The Smokehouse. (T) 5.00 Newsround. (T)

5.15 Weakest Link. Members of the public answer general knowledge questions against the clock, hoping to build a stack of cash and avoid being voted off. Anne Robinson presents. (T)

6.00 BBC News; Weather. (T)
6.30 Regional News Programmes; Weather. (T)
7.00 The ONE Show. (T)

7.30 EastEnders. Lucy's behaviour pushes Ian to the limit with her latest act of rebellion. Heather and Minty face the last round of the competition, but Garry's assistance threatens to ruin everything. Phil is disappointed with Ben's attitude toward boxing; (T) BBC News; Regional News. (T)

8.00 Waterloo Road. Rachel is relieved, believing Hordley is off her case, before he returns to the school and reveals her past as a prostitute - in front of staff, parents and children. Grantly frantically tries to cover up the exam cheating and when a fire breaks out in the kitchens, there is a race against time to get everybody out safely. Last in series, starring Eva Pope and Silas Carson. (T)

9.00 Ashes to Ashes. Gene questions an old adversary about a robbery, and when it is revealed the crook has had to give up his life of crime, the detective worries that he too might be past his best. However, an interview with a murder suspect puts Alex in mortal danger - and leaves Gene drawing on his experience in an attempt to save her. Philip Glenister and Keeley Hawes star. (T)

10.00 BBC News at Ten O'Clock. (T)
10.25 Regional News; Weather. (T)
10.35 Budget Response by the Conservative Party. Shadow Chancellor George Osborne responds to the Budget. (T)

10.40 Question Time. (T)
11.40 This Week; (T) Skiing Weather.
12.30 Sign Zone: Panorama. (R) (T) 1.00 Sign Zone: Edwardians in Colour: The Wonderful World of Albert Kahn. (R) (T) 1.30 Sign Zone: Lark Rise to Candleford. (R) (T) 2.30 Sign Zone: What's Really in Our Food? (R) (T) 3.15 Sign Zone: Bill Oddie's Wild Side. (R) (T) 3.45 BBC News 24. (T)



BBC2

6.00 CBeebies: Tikkabilla. (R) (T) 6.30 Teletubbies. (R) (T) 7.00 CBBC: Time Warp Trio. (R) (T) 7.25 Newsround; (T) The Owl. (T) 7.30 Brain-Jitsu. (T) 8.30 CBeebies: LazyTown. (R) (T) 8.55 Take a Bow. (R) (T) 9.00 Tommy Zoom. (T) 9.15 The Pingu Show. (R) 9.30 Get Scunggling. (T) 9.45 Something Special. (R) (T) 10.05 Me Too! (R) (T) 10.25 Fun with Phonics. (R) (T) 10.30 Schools: The Chat Room. (T) 10.50 English Express. (T) 11.10 Coming to England. (T) 11.30 See You, See Me. (T) 11.50 Henry's Wives with Terry Deary. (T) 12.00 The Daily Politics. (T) 12.30 Working Lunch. (T) 1.00 FILM: Decision at Sundown (1957). Western, starring Randolph Scott. (T) 2.15 Don't Get Done, Get Dom. (R) (T) 3.00 Murder, She Wrote. (R) (T) 3.45 Flog It! (R) (T) 4.30 Ready, Steady, Cook. (T) 5.15 Recipe for Success. (T) 6.00 Eggheads. (T) 6.30 Brainbox Challenge. (T) 7.00 Torchwood. Gwen encounters an alien shapeshifter before her wedding. (T) 7.30 Torchwood Declassified. Behind the scenes of the sci-fi wedding of the year. (T) 8.00 10 Things You Didn't Know About Tsunamis. Dr Iain Stewart explores tidal waves. (R) (T) 10.00 That Mitchell and Webb Look. Famous explorers justify the names they give to their discoveries. (T) 9.30 The Catherine Tate Show. Lauren gets a tattoo. (R) (T) 10.00 Empty. Jacky and Tony carry out repairs at an old lady's house. (T) 10.30 10 Days to War. (T) 10.40 Newsnight; Weather. (T) 11.20 Budget Response by the Conservative Party. (R) (T) 11.25 Ideal. (T) 11.55 Arrested Development. (R) (T) 12.20 Arrested Development. (R) (T) 12.40 BBC News 24. (T) 2.00 BBC Learning Zone. (T)

Pick of the Day

Pramface Babies (C4, 9pm)

Teens in Britain have access to free birth control, over-the-counter emergency contraception and sex education. But despite these preventative measures, it's a well-known fact that Britain has a major problem: the highest rate of teen pregnancy in Europe. This documentary follows four teenage girls before, during and after they give birth. They all face difficulty not only because of their young age, but also because they have turbulent relationships with the fathers of their children. Their unplanned pregnancies will change their lives forever, but the girls are determined to have their children and raise them in a loving environment. With their minds far from thoughts of decorated nurseries, cute maternity wear and hurriedly losing the baby weight, they're more concerned with the emotional, financial and social problems associated with teen pregnancy, as there is a huge stigma attached to being a teen mother. Sometimes funny, often heartbreaking, this documentary takes a real look at the stories behind the statistics. All the featured teens are from Liverpool Women's Hospital, where 8,000 women give birth annually, making it the biggest centre of its kind in Europe.

C4

5.55 Inuk. (R) (T) 6.10 The Hoobs. (R) (T) 6.35 The Hoobs. (R) (T) 7.00 Freshly Squeezed. 7.30 Everybody Loves Raymond. (R) (T) 8.00 Just Shoot Me. (R) (T) 8.30 The Morning Line. (T) 9.30 Sex, Lies and Soaps; (R) (T) 3 Minute Wonder. (R) (T) 10.00 Advertising Uncut. (R) (T) 3 Minute Wonder. (R) (T) 10.30 TV Is Dead? (R) (T) 3 Minute Wonder. (R) (T) 11.00 Trouble Online; (R) (T) 3 Minute Wonder. (R) (T) 11.30 Tricky Business; (R) (T) Burning Questions. (R) (T) 12.00 News at Noon. (T) 12.30 A Place in Slovakia. (R) (T) 1.00 Cheltenham Festival. Including the 3.15 Ladbrokes World Hurdle (3m). (T) 4.15 Deal or No Deal. (T) 5.00 Richard & Judy. (T) 6.00 The Simpsons. (R) (T) 6.30 Hollyoaks. (T) 7.00 Channel 4 News. (T) 7.55 3 Minute Wonder: Iraq and Me. The story behind photographs taken during the war. Last in series. (T) 8.00 Jamie at Home. Jamie Oliver rustles up dishes using home-grown tomatoes. (R) (T) 8.30 Jamie at Home. The chef hosts the perfect barbecue. Last in series. (R) (T) 9.00 Pramface Babies. Following four young mothers-to-be during their pregnancies. (T) 10.00 The Big Bang Theory. Leonard worries he may be wasting his time with Penny. (T) 10.30 Skins. (T) 11.35 The Sopranos. (T) 12.40 Cheltenham Highlights. 1.10 Sport's Dirty Secrets. (R) (T) 2.10 FILM: Erasable You (1998). Black comedy, starring Timothy Busfield. (T) 3.40 Transworld Sport. (R) (T) 4.35 Urban Beach Tour. (R) 5.00 Richard & Judy. (R)

FIVE

6.00 Milkshake!: Tickle, Patch and Friends. (T) 6.25 Thomas & Friends. (R) (T) 6.35 Rupert Bear. (R) (T) 6.45 Animal Favourites. (R) (T) 7.00 Miss Spider's Sunny Patch Friends. (R) (T) 7.15 Harry and His Bucket Full of Dinosaurs. (R) (T) 7.30 The Mr Men Show. (T) 7.50 Make Way for Noddy. (R) (T) 8.05 Fifi and the Flowertots. (R) (T) 8.20 Peppa Pig. (R) (T) 8.25 Thomas & Friends. (R) (T) 8.40 Pocoyo. (R) (T) 8.50 Bird Bath. (R) (T) 9.00 The Wright Stuff. (T) 10.30 Trisha Goddard. (T) 11.30 Build a New Life in the Country. (R) (T) 12.30 five news. (T) 12.45 Law & Order. (R) (T) 1.45 Neighbours. (T) 2.15 Home and Away. (T) 2.50 Rough Guide to. (R) (T) 3.00 FILM: Columbo: Grand Deceptions (1989). Crime drama, starring Peter Falk. (T) 5.00 five news with Natasha Kaplinsky. (T) 5.30 Neighbours. (R) (T) 6.00 Home and Away. (R) (T) 6.30 Zoo Days. (T) 7.00 five news with Natasha Kaplinsky. (T) 7.30 Live UEFA Cup Football. Sporting Lisbon v Bolton Wanderers (Kick-off 8.00pm). Coverage of the last-16 second-leg match at the Estadio Jose Alvalade, where a place in the quarter-finals awaits the winners. Subsequent programmes subject to change. 10.10 FILM: Get Carter (2000). Sylvester Stallone and Miranda Richardson star in this remake of the 1971 thriller, chronicling the efforts of a criminal to exact revenge on his brother's murderers. (T) 12.05 Quiz Call. 4.00 Football Argentina. 4.40 Dutch Football. 5.10 Neighbours. (R) (T) 5.35 House Doctor. (R) (T)

ITV1

5.30 ITV Morning News. (T) 6.00 GMTV. (T) 9.25 The Jeremy Kyle Show. (T) 10.30 This Morning. (T) 12.30 Loose Women. (T) 1.30 ITV Lunchtime News. (T) 2.00 Dickinson's Real Deal. (R) (T) 2.30 The Alan Titchmarsh Show. (T) 3.30 The Royal Today. (T) 3.59 London Weather. (T) 4.00 Rosemary & Thyme. (R) (T)

5.00 Golden Balls. Game show, hosted by Jasper Carrott. (T)

6.00 London Tonight; Weather. (T)
6.30 ITV Evening News; Weather. (T)

6.55 Budget Response by the Shadow Chancellor. George Osborne responds to yesterday's Budget. (T)

7.00 Emmerdale. Louise thinks Jamie is about to dump her so beats him to the punch - but he tells her about his plan to propose. Nicola seduces David, and Lily opens up about her drug use. (T)

7.30 Tales from the Country. Tony Francis and Selina Scott meet people who live, work and play high up in the hills - visiting the UK's oldest gliding club and taking part in a Peak District-style Sports Day. (T)

8.00 The Bill. Sally is rescued from a nightclub brawl by an undercover officer from another station, only to learn he was the instigator of the disturbance and in possession of cocaine. When he appeals to her to cover for him she makes a split-second decision that puts her career on the line. Meanwhile, a victim of the fight reveals an obsessive desire to catch up with the dealer who sold drugs to his daughter. (T)

9.00 Trial & Retribution. Part two of two. The diary's authenticity is questioned when its evidence is refuted and Walker has to rush to solve the case before the Reid brothers take their secret to the grave. Postponed from March 6. (T)

10.00 News at Ten and Weather; Weather. (T)
10.35 The Fixer. Another chance to see the new drama. A former soldier jailed for killing a pair of relatives who abused his sister is released from prison early and drawn into a shadowy organisation that works above the law. Forced to take on a role as a hit-man, he works alongside an accomplished thief and a deadly femme fatale to tackle organised crime. Andrew Buchan, Jody Latham and Tamzin Outhwaite star. (R) (T) 11.35 Grimebusters. Lee and his team set about cleaning up a drug user's home, a potentially dangerous job because of the huge number of hypodermic needles strewn around the flat. (R) (T)

12.05 F1 Preview. (R) 12.55 Nightwatch with Steve Scott: Emergency. (T) 2.40 Loose Women; (R) ITV News Headlines. 3.30 The Jeremy Kyle Show. (R) (T) 4.25 ITV Nightscreen.

LOCAL

RTP1
0630 Bom Dia Portugal 1000
Praça da Alegria 1300 News
1410 Prova de Amor 1515
Portugal no Coração 1800
Portugal em Directo 1855 O
Preço Certo 2000 News
2330 Kinsey, film 0415
Teleales 0605 Nds

RTP2
0700 Euronews 0715 Zig
Zag 1300 Discovery Hour
1400 Sociedade Civil 1530
Da Terra Ao Mar 1610
Natalgeographic 1715
Zig Zag 1830 A Fé dos
Homens 1900 Iniciativa
1945 Zig Zag 2045 Freinds
2115 National Geographic
2200 News 2240
Sobrenatural 2330 Balanço
& Contas 0030 Noites 2
0115 Universidades 0145
Discovery Hour 0245
Iniciativa 0330 Liga dos
Últimos 0400 Sociedade
Civil 0530 Euronews

SIC
0700 Floribella 0830 Sic
Kids 1100 Fatima 1300
News 1415 Eterna Magi
1445 O Profeta 1515
Contacto 1600 Film TBA
1800 Film TBA 2000 News
2215 Paraíso Tropical 2315
Vingança 0015 CSI New
York 0115 CSI Las Vegas
0215 Film TBA

TVI
0700 Diário Da Manhã 1000
Você na TV 1300 News 1400
Tarde de Julia 1700 Quem
Quer Ganha 1800 Morangos
Com Açúcar 2115 Ilha dos
Amores 2215 Doce Fugitiva
2330 Tu e Eu 0100 Escritório
0200 Cartaz das Artes 0230
Accidental Meeting, film
0445 Teleales

Best of the Rest

BBC3
7.00 Spendaholics 8.00
Freaky Eaters 9.00 Super-
Slim Me: A Mischief Special
10.00 EastEnders 10.30
Bizarre ER 11.00 The Real
Hustle Las Vegas 11.30
Upstaged 12.00 Family Guy
12.25 Family Guy 12.45
Super-Slim Me: A Mischief
Special 1.45 Bizarre ER
2.15 The Real Hustle Las
Vegas 2.45 Freaky Eaters
3.40 Spendaholics 4.40
Close

BBC4
7.00 World News Today 7.00
Weather 7.30 Steptoe and
Son 8.00 Himalaya with
Michael Palin 9.00 A Year in
Tibet 10.00 Ashes to Ashes
10.55 Mad Men 11.45 The
Rise and Fall of the Ad Man
12.45 A Year in Tibet 1.45
The Prime Minister and the
Press Barons 2.45 A Year
in Tibet 3.45 Close

ITV2
1.00 Airline USA 1.30 The
Jeremy Kyle Show 2.35 The
Jeremy Kyle Show 3.45
Ricki Lake 4.30 Sally Jessy
Raphael 5.20 The Montel
Williams Show 6.05 Judge
Judy 7.00 Smallville 8.00
American Idol 9.00 Coleen's
Real Women 10.00 American
Idol 11.00 Supernatural
12.00 Entourage 12.30 The
Office: An American
Workplace 1.00 Coleen's
Real Women 2.00 Entourage
2.25 The Office: An
American Workplace 2.50
Teleshopping 5.50 ITV2
Nightscreen 6.00 Close

Sky One
1.00 Cold Case 2.00 Las
Vegas 3.00 Stargate SG-1

4.00 Stargate SG-1 5.00
Are You Smarter Than a 10
Year Old? 6.00 Futurama
6.30 Malcolm in the Middle
7.00 The Simpsons 7.30 The
Simpsons 8.00 The
Simpsons 8.30 The
Simpsons 9.00 Bones 10.00
Cold Case 11.00 Night Gosh
12.00 Road Wars 1.00 Road
Wars 1.50 Las Vegas 2.30
Tenerife Uncovered 3.30
Rescue Me 4.20 Dream
Team 5.10 Guilty!
UKTV Gold
1.00 Last of the Summer
Wine 1.40 Keeping Up
Appearances 2.20 My Hero
3.00 dinnerladies 3.40 My
Family 4.20 Keeping Up
Appearances 5.00 My Hero
5.40 dinnerladies 6.15 My
Family 6.55 Porridge 7.35
Blackadder the Third 8.15
Only Fools and Horses 9.00
Only Fools and Horses 10.30
The Vicar of Dibley 11.20
Only Fools and Horses Top
40 Moments 1.20 Friday
Night with Jonathan Ross
2.20 Sorry! 2.50 As Time
Goes By 3.20 The Bill 4.10
EastEnders 4.45 Fantasy
Island 5.35 Neighbours

TCM
1.00 Martin Chuzzlewit 3.00
Never So Few PG (1959)
5.10 The Opposite Sex PG
(1956) 7.15 The Ice Pirates
PG (1984) 9.00 In Which
We Serve U (1942) 11.05
The Split 15 (1968) 12.40
The Carey Treatment 15
(1972) 2.30 Teleshopping
2.50 Flight Command PG
(1940) 5.00 The Sea Hawk
U (1940)

The Disney Channel
Kids' programmes from
7am, except:

MOVIES

Sky Movies Drama

6.35 Kissed by an Angel PG
(2000) 8.25 Nurses on the Line:
The Crash of Flight 7 PG (1993)
10.15 The Milagro Beanfield War
15 (1988) 12.15 Soul Food 15
(1997) With Vanessa L. Williams.
2.15 Nurses on the Line: The
Crash of Flight 7 PG (1993) With
Lindsay Wagner. 4.00 The
Milagro Beanfield War 15 (1988)
With Ruben Blades. 6.00 Soul
Food 15 (1997) With Vanessa L.
Williams. 8.00 Infamous 15
(2006) With Toby Jones. 10.00
Syriana 15 (2005) With George
Clooney. 12.10 School Daze 18
(1988) With Laurence
Fishburne. 2.15 The Runner 15
(1999) With John Goodman.
3.55 Swindle 15 (2002) 5.35
Kissed by an Angel PG (2000)

Sky Movies Comedy

6.35 Two Much PG (1996) 8.35
Bad Girls from Valley High 12
(2005) 10.00 Three Amigos! PG
(1986) 11.45 The Clinic PG
(2004) With Jonathan Scarfe.
1.20 Big Momma's House 2
(2006) With Martin Lawrence.
3.00 Bad
Girls from
Valley High
12 (2005)
With Julie
Benz. 4.30
T h r e e
Amigos! PG
(1986) With
S t e v e
Martin. 6.15
B i g
M o m m a ' s
House 2 12
(2006) With
M a r t i n

Lawrence. 8.00 A Fish Called
Wanda 15 (1988) With John
Cleese. 10.00 American Pie
Presents: The Naked Mile 15
(2006) With John White. 11.45
Bad News Bears 12 (2005) With
Billy Bob Thornton. 1.40
Addicted to Love 15 (1997)
With Meg Ryan. 3.25 The Clinic
PG (2004) 5.00 Two Much PG
(1996)

Sky Movies Action

6.10 Space Truckers 12 (1996)
8.00 Witness 15 (1985) 10.00
Freedomland 15 (2006) 12.00
Space Truckers 12 (1996) With
Dennis Hopper. 1.40 Streets of
Fire 15 (1984) With Michael
Pare. 3.20 Freedomland 15
(2006) With Samuel L. Jackson.
5.15 Witness 15 (1985) With
Harrison Ford. 7.10 Firewall 12
(2006) With Harrison Ford. 9.00
Striking Distance 15 (1993) With
Bruce Willis. 10.45 Black Rain
18 (1989) With Michael Douglas.
12.55 Running Scared 18 (2006)
With Paul Walker. 3.00 To Live
and Die in LA 18 (1985) With
Willem Dafoe. 5.00 Volcano:
Fire on the Mountain PG (1997)

SPORT

Sky Sports 1

6.00 Boots 'n' All 7.00 Test
Cricket 9.00 Football Special
10.30 Test Cricket 12.30
Football Special 2.00 Test
Cricket 4.00 Football Special
5.30 Test Cricket 7.30 Live
Premier League Darts. Round
seven from the Sheffield
Arena. Coverage continues
on Sky Sports 2. 9.00 Live
Test Cricket. New Zealand v
England. 5.00 Premier League
World 5.30 ATP Tennis

Sky Sports 2

6.00 Live European Tour Golf.
The Ballantine's
Championship. 8.00 Total
Rugby 8.30 FIFA Futbol
Mundial 9.00 Watersports
World 10.00 Ten Pin Bowling
11.00 Transworld Sport 12.00
FIFA Futbol Mundial 12.30
Boots 'n' All 1.30 European
Tour Golf 4.30 Boots 'n' All
5.30 The Rugby Club 7.00
Premier League World 7.30
The Dogs 8.00 Boxing 9.00
Live Premier League Darts.
Round seven from the
Sheffield Arena. 11.00
Premier League World 11.30
Boxing 12.30 The Rugby Club
2.00 NFL: Total Access 3.00
Netball 5.00 Live European
Tour Golf. The Ballantine's
Championship.

Sky Sports 3

6.00 Good Morning Sports
Fans 9.00 Transworld Sport
10.00 Athletics 11.00 Racing
News 11.30 Aerobics Oz Style
12.00 Watersports World 1.00
NFL: Total Access 2.00 Snow
Adventures 2.30 Total Rugby

3.00 Boots 'n' All 4.00 Ten Pin
Bowling 5.00 WWE: Heat 6.00
The Dogs 6.30 ATP Tennis
7.00 Golf Night 9.00 WWE:
Late Night - Raw 12.00
Extreme Championship
Wrestling 1.00 Golf Night 3.00
The Dogs 3.30 Premier
League World 4.00 Close

British Eurosport

7.30 UEFA Cup Football 8.15
Live Alpine Skiing. The World
Cup meeting from Bormio.
9.30 UEFA Cup Football 10.15
Live Biathlon. World Cup
coverage from Holmenkollen.
11.45 Live Alpine Skiing. The
World Cup meeting from
Bormio. 12.30 Ski Jumping
1.15 Live Biathlon. World Cup
coverage from Holmenkollen.
2.30 Live Cycling. Stage four
of the Paris-Nice race. 3.30
Cycling 4.15 Ski Jumping 5.00
Eurogals 5.15 Biathlon 6.15
Biathlon 7.15 Ski Jumping 8.00
Boxing 10.00 UEFA Cup
Football 11.00 UEFA
Champions League 12.45
Close

Sky Sports Xtra

6.00 Aerobics Oz Style 6.30
Snow Adventures 7.00 WWE:
Experience 8.00 Winning Post
Special 8.30 Snow Adventures
9.00 Poker 11.00 Boots 'n' All
12.00 Snow Adventures 12.30
Aero GP 1.00 Poker 3.00
Athletics 4.00 Snow
Adventures 4.30 Aerobics Oz
Style 5.00 Netball 7.00 Race
World 8.00 The Rugby Club
9.30 Netball 11.30 Snow
Adventures 12.00 ATP Tennis
12.30 Race World 1.30
Premier League Darts 5.00
Race World

IMMEDIACY!
What could it do
for your
business?

An advert in the TV guide is a very powerful tool. It will be read by thousands of potential clients with high spending power. How can we be so sure? Have you seen the price of a reasonable satellite system to receive the above programmes? These are people you want to talk to, to tell them what you have to offer. But these are special adverts, they have high exposure for one day. Use them properly for really powerful results... A special offer for the next day, a discount if you eat at your restaurant that evening, an event that follows within a day or two.

Call these adverts time bombs - you can plan them to 'go off' on a particular day of the week. That's powerful advertising, which is what you expect from The Portugal News
Call Bella on 707 500 677 for information and suggestions on how you could use these spots to create extra business for you!

BBC1

6.00 Breakfast. (T) 9.15 To Buy or Not to Buy. (R) (T) 10.00 Living in the Sun; (T) BBC News; Weather. (T) 11.00 Homes Under the Hammer. (T) 11.30 Put Your Money Where Your Mouth Is; (T) BBC News; Weather. (T) 12.15 Bargain Hunt. (T) 1.00 BBC News; Weather. (T) 1.30 Regional News; Weather. (T) 1.45 Doctors. (T) 2.15 Diagnosis Murder. (R) (T) 3.00 BBC News; Weather; Regional News. (T) 3.05 CBeebies: Mister Maker. (R) (T) 3.25 Take a Bow. (R) (T) 3.30 CBBC: Basilis Game Show. (T) 4.00 The Cramp Twins. (R) (T) 4.10 Freefonix. (T) 4.35 The Smokehouse. (T) 5.00 Newsround. (T)

5.15 Weakest Link. Anne Robinson hosts the general knowledge quiz in which contestants answer questions as a team, eliminating the poorest players as they go. (T)

6.00 BBC News; Weather. (T)

6.30 Regional News Programmes; Weather. (T)

7.00 Sport Relief 2008. Richard Hammond, Gary Lineker, Davina McCall, Patrick Kilty and Claudia Winkleman host the live event in aid of vulnerable children, featuring contributions from leading lights in the sports world, together with musical performances and comedy sketches.

At 7pm Leona Lewis performs the Sport Relief single and Sport Relief Does Strictly Come Dancing gets underway. Alan Shearer and Adrian Chiles complete their cycling challenge from Newcastle to London, before Jimmy Carr hosts the first part of a Question of Sport Relief at 7.30pm. Westlife perform live in the studio, followed by the second part of Sport Relief Does Strictly Come Dancing begins at 8pm. Chris Moyles finishes his Radio One challenge and at 8.30pm Sport Relief Does Strictly Come Dancing concludes. Jimmy Carr returns to present the second half of a Question of Sport Relief, before Sport Relief Does The Apprentice begins. At 9.30pm, James Cracknell and David Walliams discuss their individual and combined efforts on the former's gruelling triathlon from England to Africa. Plus, there are appearances from cricketer Mark Ramprakash, EastEnders star Kika Tointon, singer and actress Elaine Paige and ex-footballer David Ginola. Continues on BBC2. (T)

10.00 BBC News at Ten O'Clock. (T)

10.25 Regional News; Weather. (T)

10.35 Budget Response by the Liberal Democrats. Treasury Spokesman Vince Cable responds to the Budget. (T)

10.40 The National Lottery EuroMillions Draw. Sarah Cawood presents the National Lottery EuroMillions weekly draw. (T)

10.45 Sport Relief 2008. Continued coverage of the fundraising event in aid of the worlds most vulnerable children, featuring contributions from leading lights in the worlds of sport and entertainment. (T)

1.30 Sport Relief Presents Little Britain's Big Swim. (R) (T) 2.30 FILM: The Survivor (1981). Supernatural thriller, starring Robert Powell; (T) Weatherview. (T) 3.55 BBC News 24. (T)



BBC2

6.00 CBeebies: Tikkabilla. (R) (T) 6.30 Teletubbies. (R) (T) 7.00 CBBC: Time Warp Trio. (R) (T) 7.25 Newsround; (T) The Owl. (T) 7.30 Brain-Jitsu. (T) 8.30 CBeebies: LazyTown. (R) (T) 8.55 Take a Bow. (R) (T) 9.00 Tommy Zoom. (T) 9.15 The Pingu Show. (R) 9.30 Get Squiggling. (T) 9.45 Something Special. (R) (T) 10.05 Me Too! (R) (T) 10.25 Fun with Phonics. (T) 10.30 Schools: See You, See Me. (T) 10.50 BBC Primary History. (T) 11.10 English Express. (T) 11.30 Podis Mission. (T) 11.45 Something Special. (T) 12.00 The Daily Politics. (T) 12.30 Working Lunch. (T) 1.30 Animal Park: Wild in Africa. (R) (T) 2.15 Don't Get Done, Get Dom. (R) (T) 3.00 Murdit, She Wrote. (R) (T) 3.45 Flog It! (R) (T) 4.30 Ready, Steady, Cook. (T) 5.15 Recipe for Success. (T) 6.00 Eggheads. (T) 6.30 Brainbox Challenge. (T) 7.00 The Great Green Fuel Gamble? The pros and cons of biofuel usage. (T) 7.30 An Island Parish. Heike examines underwater creatures, and the children of Scilly get a rare chance to sample life on the mainland. Islanders prepare to commemorate a historic naval disaster. (R) (T) 8.00 Gardeners' World. Celebrating the start of spring in the West Country. (T) 9.00 All White in Barking: Storyline. Immigration in the London borough. (T) 10.00 Top Ground Gear Force. The Top Gear presenters undertake a horticultural challenge. (T) 10.40 10 Days to War. (T) 10.50 Newsnight. (T) 11.15 Newsnight Review. (T) Weather. (T) 11.35 Budget Response by the Liberal Democrats. (R) (T) 11.40 BBC Four Sessions: kd lang. (T) 12.40 FILM: Tumbleweeds (1999). Drama, starring Janet McTeer. (T) 2.20 Star Trek: The Next Generation. (R) (T) 3.05 Star Trek: The Next Generation. (R) (T) 3.50 Arrested Development. (R) (T) 4.15 Arrested Development. (R) (T) 4.40 Close.

C4

6.00 The Treacle People. (R) (T) 6.10 The Hoobs. (R) (T) 6.35 The Hoobs. (R) (T) 7.00 Freshly Squeezed. 7.30 Everybody Loves Raymond. (R) (T) 8.00 Just Shoot Me. (R) (T) 8.30 The Morning Line. (T) 9.30 Sex, Lies and Soaps; (R) (T) 3 Minute Wonder. (R) (T) 10.00 Advertising Uncut; (R) (T) 3 Minute Wonder. (R) (T) 10.30 TV Is Dead? (R) (T) 3 Minute Wonder. (R) (T) 11.00 Trouble Online; (R) (T) 3 Minute Wonder. (R) (T) 11.30 Tricky Business; (R) (T) Burning Questions. (R) (T) 12.00 News at Noon. (T) 12.30 A Place in Slovakia. (R) (T) 1.00 Cheltenham Festival. Including the 3.15 tatesport Cheltenham Gold Cup (3m 2 1/2). (T) 4.15 Deal or No Deal. (T) 5.00 Richard & Judy. (T) 6.00 The Simpsons. (R) (T) 6.30 Hollyoaks. (T) 7.00 Channel 4 News. (T) 7.25 Cheltenham Highlights. A re-run of the tatesport Cheltenham Gold Cup (3m 2 1/2). (T) 7.30 Unreported World. Nima El Bagir and Andrew Carter are allowed access to a militia group in Sudan accused of belonging to the infamous Janjaweed organisation. (T) 8.00 A Place in the Sun: Home or Away. Properties on the Isle of Wight and in Italy. (T) 9.00 The World's Greatest Comedy Characters. A countdown of the top 50 comedy characters. (R) (T) 12.05 4Music: The Album Chart Show. (T) 12.40 4Music: JD Set Presents: Palace Fires. (T) 1.00 Cheltenham Highlights. 1.30 Goalissimo. 2.25 World Cup Snowboard. 4.25 Red Bull Air Race. (R) (T) 5.10 Richard & Judy. (R)

FIVE

6.00 Milkshake!: Tickle, Patch and Friends. (T) 6.25 Thomas & Friends. (R) (T) 6.35 Rupert Bear. (R) (T) 6.45 Animal Families. (R) (T) 7.00 Miss Spider's Sunny Patch Friends. (R) (T) 7.15 Harry and His Bucket Full of Dinosaurs. (R) (T) 7.30 The Mr Men Show. (T) 7.50 Make Way for Noddy. (R) (T) 8.05 Fifi and the Flowertots. (R) (T) 8.15 Sailor Sid. (R) (T) 8.20 Peppa Pig. (R) (T) 8.25 Thomas & Friends. (R) (T) 8.40 Pocoyo. (R) (T) 8.50 Bird Bath. (R) (T) 9.00 The Wright Stuff. (T) 10.30 Trisha Goddard. (T) 11.30 Build a New Life in the Country. (R) (T) 12.30 five news. (T) 12.45 Law & Order. (R) (T) 1.45 Neighbours. (T) 2.15 Home and Away. (T) 2.50 Rough Guide to. (R) (T) 3.00 FILM: Danielle Steel's Star (1993). Romantic drama, starring Jennie Garth. (T) 5.00 five news with Natasha Kaplinsky. (T) 5.30 Neighbours. (R) (T) 6.00 Home and Away. (R) (T) 6.30 Zoo Days. (T) 7.00 five news with Natasha Kaplinsky. (T) 7.30 Massive Speed. The history of the attack helicopter. Last in series; (T) 7.30 five news update. 8.00 Ice Road Truckers. Revealing the history of the ice roads and how they are tested and prepared. Plus, the truckers discuss the dangers they face, which have seen more than 20 men die; (T) 8.00 five news at 9. 9.00 NCIS. A sailor's body is discovered in a disused restaurant. (T) 10.00 Law & Order: Special Victims Unit. The team search for a paedophile. (R) (T) 11.00 Law & Order: Criminal Intent. (R) (T) 12.00 Quiz Call. 5.10 Neighbours. (R) (T) 5.35 House Doctor. (R) (T)

ITV1

5.30 ITV Morning News. (T) 6.00 GMTV. (T) 9.25 The Jeremy Kyle Show. (T) 10.30 This Morning. (T) 12.30 Loose Women. (T) 1.30 ITV Lunchtime News. (T) 2.00 Dickinson's Real Deal. (T) 2.30 The Alan Titchmarsh Show. (T) 3.30 The Royal Today. (T) 3.59 London Weather. (T) 4.00 Rosemary & Thyme. (R) (T)

5.00 Golden Balls. Game show, hosted by Jasper Carrott. (T)

6.00 London Tonight; Weather. (T)

6.30 ITV Evening News; Weather. (T)

6.55 Budget Response by the Liberal Democrats. The Liberal Democrats' Treasury Spokesman Vince Cable responds to the Budget. (T)

7.00 Emmerdale. David sees Nicola tampering with Donald's train set and begs her to rethink her plan. Viv confides in Mel and asks her to keep a secret, while Rodney makes an admission. (T)

7.30 Coronation Street. Gail turns to Audrey to unburden her guilt about Tina. However, their conversation is overheard and news of the abortion gets back to David, who pushes his mother down the stairs in a fit of rage. Michelle puts on a brave face as Nick arranges to see Ryan, and a distressed Chesney receives a visit from Kirk. (T)

8.00 FUELLS Gold: Tonight. (T)

8.30 Coronation Street. As Gail lies motionless at the bottom of the stairs, a terrified David runs out of the back door and makes his way to Tina's place. Tony quizzes Carla about her relationship with Liam. (T)

9.00 Moving Wallpaper. Jonathan blows his chances with Sam then covers his embarrassment by announcing to all and sundry she made a drunken pass at him. Soap spin-off, with Lucy Liemann and Ben Miller. (T)

9.30 Echo Beach. Fin is treated to a surprise birthday party, but tensions bubble to the surface as Angela spreads her poison, ruining Mark and Susans hopes of happiness. Ian uses the occasion to propose to Jackie, while Abi and Jimmy long to get away together. Soap, starring Jason Donovan and Martine McCutcheon. (T)

10.00 Al Murray's Happy Hour. Model and actress Elle Macpherson and celebrity hair stylist Nicky Clarke join the Pub Landlord for irreverent chat and music. Last in series. (T)

11.00 The Late News and Weather; Weather. (T)

11.40 Real Crime: A Killer Case Calling. The case of Kevin Cottrell, a door-to-door salesman who murdered a dog breeder and her mother at their isolated home in Upwell, Norfolk, in 1999. Detective Inspector Paul Chapman recalls leading the investigation, while forensic psychologist Dr Julian Boon discusses the killer's frame of mind. (R) (T)

12.30 Nightwatch with Steve Scott: Emergency. (T) 2.15 F1: Australian Grand Prix Qualifying. The battle for pole position at Albert Park; (T) ITV News Headlines. 4.20 ITV Nightscreen.

LOCAL

RTP1
0630 Bom Dia Portugal 1000
PraAa da Alegria 1300 News
1410 Prova de Amor 1515
Portugal no CoraA.o 1800
Portugal em Directo 1905 O
PreAo Certo 2000 Teleseales
2100 Contra 2130 Sabe Mais
que um Mi do de 10 anos? 2230
Sexta, 2 Noite 0030 The Piano
Player, film 0215 The Guardian
III, film 0300 SÚ Visto 0400
Teleseales
RTP2
0700 EuroNews 0715 Zig Zag
1300 Discovery World 1400
Sociedade Civil 1530 da Terra
ao Mar 1600 National
Geographic 1700 Zig Zah 1830
A FE dos Homens 1900 A Alma
e a Gente 1945 zig Zag 2045
Friends 2115 National
Geographic 2200 News 2245
O amor no Alasca 2330
Comunetary Hour 0030 Noites
da 2 0115 Sempre em PE 0215
Palco 0330 Sociedade Civil 0500
Euronews
SIC
0700 Floribella 0830 Sic Kids
1100 Fatima 1300 News 1415
Eterna Magi 1445 O Profeta
1515 Contacto 1600 PE na Jacte
1900 Ganhar É Que se Ganta
Se Chinititas 2000 News 2015
Chinititas 2215 Paralelo
Tropical 2315 VinganAa 0015
CSI Las Vegas 0130 RFK, film
0330 Polhar da Serpente
TVI
0700 Diario Da Manha 1000
Voel na TV 1300 News 1400
Mundialito de Futebol de Praia
1700 Quem Quer Ganha 1745
Morangos com AAucar e 1 Ferias
de Ver.o 2000 News 2115
Euromilhoes 2130 Ilha dos
Amores 2215 Doce Fugitiva
2330 Tu e Eu 0030 Film TBA

Best of the Rest

BBC3
7.00 Top Gear 8.00 The Most
Annoying Pop Songs We Hate
to Love 9.00 Lily Allen and
Friends 9.45 The Real Hustle
10.00 Two Pints of Lager and a
Packet of Crisps 10.30 Two
Pints of Lager Outtakes 11.00
Upstaged 12.00 Family Guy
12.25 Family Guy 12.45 Two
Pints of Lager and a Packet of
Crisps 1.15 Two Pints of Lager
Outtakes 1.45 Lily Allen and
Friends 2.30 The Most Annoying
Pop Songs We Hate to Love
3.25 Bizarre ER 3.55 Super-
Slim Me: A Mischievous Special
4.55 Close

BBC4
7.00 World News Today 7.00
Weather 7.30 Transatlantic
Sessions 8.00 Tin Sandwich,
Anyone? A History of the
Harmonica 9.00 Legends: The
Chieftains 10.00 Folk Hibernia
11.35 Batman 12.00 Batman
12.25 Legends: The Chieftains
1.25 Tin Sandwich, Anyone? A
History of the Harmonica 2.25
Folk Hibernia 3.55 Close

ITV2
1.00 Airline USA 1.30 The
Jeremy Kyle Show 2.35 The
Jeremy Kyle Show 3.45 Ricki
Lake 4.30 Sally Jessy Raphael
5.20 The Montel Williams Show
6.05 Judge Judy 7.00 Smallville
8.00 Rock Rivals 9.00 American
Idol 10.00 The Passions of Girls
Aloud 11.00 Hey Paula! 11.30
Keith Lemon's Very Brilliant
World Tour 12.00 Laura, Ben
and Him 12.30 Coronation Street
1.00 Coronation Street 1.30
Coleen's Real Women 2.30
Teleshopping 5.30 ITV2
Nightscreen 6.00 Close

Sky One
1.00 Cold Case 2.00 Las Vegas

3.00 Stargate SG-1 4.00
Stargate SG-1 5.00 Are You
Smarter Than a 10 Year Old?
6.00 Futurama 6.30 Malcolm in
the Middle 7.00 The Simpsons
7.30 The Simpsons 8.00
Brainiac: Science Abuse 9.00
Film: Swamp Devil 15 (2008)
10.40 Ross Kemp on Gangs
11.40 Ross Kemp on Gangs
12.40 Road Wars 1.40 Road
Wars 2.35 Las Vegas 3.30
Rescue Me 4.20 Dream Team
5.10 Guilty!

UKTV Gold
1.00 Last of the Summer Wine
1.40 Keeping Up Appearances
2.20 My Hero 3.00 dinnerladies
3.40 My Family 4.20 Keeping
Up Appearances 5.00 My Hero
5.40 dinnerladies 6.20 My Family
7.00 New Tricks 8.00 Only Fools
and Horses 10.40 Moments
10.00 Film: Kill Bill: Vol One 18
(2003) 12.05 Victoria Wood Live
2.05 Friday Night with Jonathan
Ross 3.10 Sorry! 3.40 As Time
Goes By 4.15 EastEnders 4.35
Fantasy Island 5.35 Neighbours

TCM
1.00 The Little Hut PG (1957)
3.00 Passage to Marseille PG
(1944) 5.00 Hot Millions U
(1968) 7.00 Joe: The Busy
Body PG (1972) 8.30 The
Screening Room 9.00 Code
Name: Emerald PG (1985)
10.45 Fame 15 (1980) 1.05
Hysteria 15 (1965) 2.30
Teleshopping 2.45 Greed U
(1925) 5.00 Flipper U (1963)

The Disney Channel
Kidsi programmes from 7am,
except: 6.00 Film: Twitches
Too PG (2007) Disney
adventure, starring Tina
and Tamera Mowry. 9.30 Film:
Twitches Too PG (2007)
Fantasy adventure, starring Tina
and Tamera Mowry.

MOVIES

Sky Movies Drama

7.20 Spirit Bear: The Simon
Jackson Story PG (2005) 9.05
Starman PG (1984) 11.05 Drama
Close Up 11.35 Ride to Freedom:
The Rosa Parks Story PG (2001)
With Angela Bassett. 1.20 The Da
Vinci Code 12 (2006) With Tom
Hanks. 3.50 Starman PG (1984)
With Jeff Bridges. 5.50 Drama
Close Up 6.20 Spirit Bear: The
Simon Jackson Story PG (2005)
With Mark Rendall. 8.00 The Da
Vinci Code 12 (2006) With Tom
Hanks. 10.30 Perfume: The Story
of a Murderer 15 (2006) With Ben
Whishaw. 1.00 Volcano 12 (1997)
With Tommy Lee Jones. 3.00
Separate Lies 15 (2005) With
Emily Watson. 4.40 Ride to
Freedom: The Rosa Parks Story
PG (2001)

Sky Movies Comedy

7.00 Like Mike 2: Streetball PG
(2006) 8.40 Boys Klub PG (2001)
10.25 Christmas in Boston PG
(2005) 11.55 Wallace and Gromit
in The Curse of the Were-Rabbit
U (2005) With Peter Sallis. 1.25
The Waterboy 12 (1998) With
Adam Sandler. 3.00 I'm Gonna
Git You Sucka 15 (1988) With
Keenen Ivory Wayans. 4.30
Christmas in Boston PG (2005)

(R) - repeat programme;

(T) - programme with teletext subtitles;

(S) - programme broadcast in stereo;

(bw) - black and white.

With Marla Sokoloff. 6.00 Horton
Hears a Who! Special 6.30
Wallace and Gromit in The Curse
of the Were-Rabbit U (2005) With
Peter Sallis. 8.00 The Waterboy
12 (1998) With Adam Sandler.
9.40 Rumor Has It 12 (2005) With
Jennifer Aniston. 11.20 I'm Gonna
Git You Sucka 15 (1988) With
Keenen Ivory Wayans. 12.55
Weire No Angels 15 (1989) With
Robert De Niro. 2.55 Woo 15
(1998) With Julia Pinkett Smith.
4.25 Boys Klub PG (2001)

Sky Movies Action

6.35 Angel Flight Down PG (1996)
8.10 The Escapist 15 (2001) 9.55
Bullitt 15 (1968) 11.50 Next of Kin
15 (1989) With Patrick Swayze.
1.40 Diplomatic Siege 15 (1999)
With Tom Berenger. 3.25 Next of
Kin 15 (1989) With Patrick
Swayze. 5.15 The Fast and the
Furious: Tokyo Drift 12 (2006)
With Lucas Black. 7.05 Bullitt 15
(1968) With Steve McQueen. 9.00
The Last Boy Scout 18 (1991)
With Bruce Willis. 10.50 The Fast
and the Furious: Tokyo Drift 12
(2006) With Lucas Black. 12.40
Death Wish IV: The Crackdown
18 (1987) With Charles Bronson.
2.25 Salvador 18 (1986) With
James Woods. 4.30 Angel Flight
Down PG (1996)

Sky Sports 1

6.00 FIFA Futbol Mundial 6.30
Premier League World 7.00 Test
Cricket 9.00 Boxing 10.00 Premier
League World 10.30 Test Cricket
12.30 The Rugby Club 2.00 Test
Cricket 4.00 International Cricket
5.00 Premier League World 5.30
Test Cricket 7.30 NFL: Total Access
8.30 Premier League Preview 9.00
Live Test Cricket. New Zealand v
England. 5.00 World Sport 5.30
Premier League Preview

Sky Sports 2

6.00 Live European Tour Golf. The
Ballantine's Championship. 8.00
Premier League World 8.30 Premier
League Darts 12.00 Premier
League World 12.30 Boxing 1.30
European Tour Golf 4.30 NFL:
Total Access 5.30 World Sport
6.00 Big League Weekend 7.00
Premier League Preview 7.30 Live
Premier League. Hull FC v Wakefield
Trinity Wildcats (Kick-off 7.30pm).
9.30 Live Friday Fight Night. David
Barnes v Ted Barni. 11.30 NFL:
Total Access 12.30 Super League
2.30 Friday Fight Night 4.30 Tight
Lines 5.30 ATP Tennis

Sky Sports 3

6.00 Good Morning Sports Fans
9.00 Netball 11.00 Racing News
11.30 Aerobics Oz Style 12.00
Transworld Sport 1.00 NFL: Total
Access 2.00 Snow Adventures
2.30 Premier League World 3.00
Boxing 4.00 WWE: Raw 7.00 World
Sport 7.30 Live International
Rugby Union. England Under-20s
v Ireland Under-20s (Kick-off
7.45pm). 9.30 Premier League
Preview 10.00 WWE: Late Night
- Smackdown 12.00 WWE: Late
Night - Bottom Line 1.00

International Rugby Union 3.00
Premier League Preview 3.30 Big
League Weekend 4.30 Live
European Tour Golf. The
Ballantine's Championship.

British Eurosport

7.30 French Rugby 8.00 Live
Alpine Skiing. World Cup coverage
from Bormio. 8.30 Alpine Skiing
9.00 Live Alpine Skiing. The World
Cup meeting in Bormio. 9.45 Ski
Jumping 10.30 Live Alpine Skiing.
The World Cup meeting in Bormio.
11.15 Alpine Skiing 11.30 Live
Alpine Skiing. The World Cup
meeting from Bormio. 12.15 Live
UEFA Champions League Draw.
Coverage of the draw for the
quarter-finals. 12.30 Ski Jumping
1.00 Live UEFA Cup Draw. The
draw for the quarter-finals. 1.30
Live Cross-Country Skiing. The
World Cup meeting in Bormio.
2.30 Live Ski Jumping. The World
Cup meeting in Planica. 4.15
Cycling 5.00 Eurogals 5.30
Cycling 6.00 Ski Jumping 6.45
UEFA Cup Football 7.45 Showtime
Reality 8.30 Showtime Reality
9.30 Poker 10.30 Yoz Magazine
11.00 Cycling 11.45 Cycling 12.30
Close

Sky Sports Xtra

6.00 Aerobics Oz Style 6.30 The
Rugby Club 8.00 Winning Post
Special 8.30 Snow Adventures
9.00 WWE: Raw 12.00 The Dogs
12.30 ATP Tennis 1.00 Netball
3.00 ATP Tennis 3.30 The Rugby
Club 5.00 British Ice Hockey 7.00
Tight Lines 8.00 Golf Night 10.00
Big League Weekend 11.00
Premier League Preview 11.30
Snow Adventures 12.00 Tight
Lines 1.00 Golf Night 3.00 Snow
Adventures 3.30 British Ice
Hockey 5.30 Snow Adventures

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Upward Glance



with Joyce Voelker

Secret Garden

Almost every day when I come home from work I am greeted by my Portuguese landlord. Being retired has not slowed him down. Though he does not report to an office or factory every day, he still spends his days working hard. As long as weather permits, he can be found working in his vegetable garden tending the flowers and trees around the yard. Usually, after greeting each other politely he tells me what he is currently planting or harvesting. As the seasons change, he rotates his crops, working diligently to prepare the soil, plant the seeds, pull weeds, and make sure they get the water they need to produce a healthy crop. He continually finds something to do that will lead to a more abundant supply of vegetables or of beautiful landscaping.

I am not a gardener. However, over the years that we have lived in Portugal, I have come to appreciate the gardens and parks around Lisbon. It is easy to understand why people in this city of high rise apartment buildings retreat to these places of beauty when they have a day off work and the weather is cooperating. Living far from my grandchildren, I enjoy watching young children delight in these beautifully landscaped grassy areas where they finally have room to run and play or ride a bike.

Perhaps apartment living has caused me to appreciate gardens more than I did growing up in less populated cities in the United States, As a child I remember reading, *The Secret Garden*, a novel

by Frances Hodgson Burnett. It is the story of a young girl who goes to live with her wealthy uncle on his estate in England. The estate once boasted a lovely garden but Mary's uncle locked it up because the garden reminded him of his deceased wife. The garden appears dead and unsalvageable after years of neglect. Mary meets Dickon, a working-class boy who loves nature. He assures her that with proper tending the garden will recover. Secretly, so as not to upset her uncle Archibald, the two children nurture the plants until their "secret garden" is once again a beautiful place bursting with colorful, fragrant flowers and trees.

Our hearts are like secret gardens. Others cannot easily see what grows there or the condition of our garden. How we tend and nurture our garden will determine what kinds of behavior and speech it will produce. We must control what is allowed to take root there. Thorns and weeds of resentment, lust, and bitterness must be removed and replaced with the fruit of the Spirit. What beauty others will see if love, joy, peace, longsuffering, kindness, goodness, faithfulness, gentleness and self control are found growing in our hearts (Galatians 5:22-23). What kind of garden are you tending?

More information about how to have a relationship with God can be found at www.rbc.org/personal_relationship_with_god.page or email joycevoelker@hotmail.com

Party, from p. 11

The team, including staff and collaborators, which coincidentally now numbers exactly 30, went out of their way to find outfits that looked the part, not an easy task taking into account the 1940's theme, but the final result was quite amazing as the photographs on these pages will testify.

Dinner jackets and trilby hats replaced the usual jeans and shirts, with the girls going for full-on glamour. In fact, some were quite unrecognisable!

Welcomed with a champagne reception, the evening kicked off to a promising start. Having spent so long looking forward to the party, it was finally time to sit back, relax, and enjoy the show, though some members of the contingent who had descended on the Sheraton were more than eager to show off dancing or singing skills, though in some cases, perhaps the lack thereof.

Unbeknown to the team, a few

surprises were in store, courtesy of entertainment agency Standing Ovation, keeping to the Casablanca theme.

After the main meal Moroccan belly dancer Ilham and her stunning troupe of dancers enhanced the evening's Northern-African inspired atmosphere with traditional music and a hip-swaying performance, while musical duo Renato and Ricardo kept the team dancing and singing along throughout the night, while amusing and in some cases bemusing.

Judging by the smiles around the offices of *The Portugal News* this week, Friday's event was an excellent team-building exercise.

And with that in mind, more social events are being planned at the moment, and with so many positive traits to be found at this publication, it should not be too hard to find another cause for celebration.

Brendan de Beer/Carrie-Marie Bratley



Belly dancer Ilham (also shown on the left) trips the light fantastic around the dance floor with several partygoers. (Photo: The Portugal News)

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Charities

LAGOS ANIMAL Protection Society has a charity sale at Burgau Sports Club every 2nd Sat. of the month. All proceeds go towards helping Algarve animals. For further details please phone Tel.: 282 687 334 or mobile 966 047 994 after 6pm.

THE ANIMAL CHARITY SHOP - MONTECHORO needs volunteers to help in the shop & to transport animals to the vet or abandoned animal's home 'Quintinha dos Animais' at Goldra, which receives part of the shops profits. Any help appreciated. Lesley - mobile 962 414 584.

CAR BOOT Sale held every 3rd Sunday of the month at 'Restaurant Quinta dos Areões', adjacent to the veterinary clinic, in Espiche. Stallholders pay €3. All proceeds to help abandoned animals. Call Michele 919 457 263 or e-mail: Happyhounds @mail.telepac.pt for more information.

ABA CHARITY shop, Av. do Tennis, No 41D, Albufeira. Open Tues. to Sat. 10.30am till 2pm. Donations of bric-a-brac, clothes and books to be sold in the shop to raise funds for spaying and neutering of pets, to help stem the tide of unwanted animals, would be appreciated.

WANTED: THE donkey sanctuary needs your unwanted furniture, clothes, books and bric-a-brac for our charity shops in Lagoa and Monte Carvoeiro, all proceeds to aid donkeys in distress. We will collect larger items. Call Nan Richardson, mobile 962 633 811, for details of our work for animal welfare. Please help.

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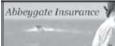
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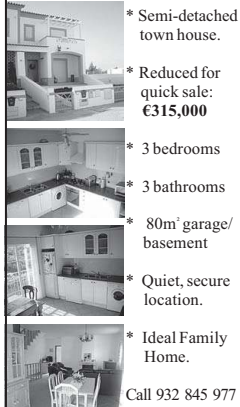
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Bundle taken out to sea on jetski hours after Madeleine disappeared



A family member of a British couple on holiday in the Algarve last May, this week explained how they saw a package being taken out to sea on a jetski hours after Madeleine McCann was reported missing.

This unusual sighting occurred about ten kilometres from where Madeleine was last seen.

According to the couple, who were in Portugal on an extended holiday at the time, a man in a wetsuit was seen taking a package measuring between two to three foot out to what appeared to be an "official-looking" boat moored off the coast at Salema.

The incident was confirmed this week by British therapist Patrick Matthews, 37, in comments to **The Portugal News**.

He says his family members from south-west England told

him of the incident and the sighting was reported to staff at the Ocean Club in Praia da Luz, but says police have to date failed to interview the couple.

Police sources quoted in a Portuguese daily this week ruled out any connection with this incident and Madeleine's disappearance, saying "all credible leads have been examined".

Meanwhile a poll conducted by *Correio da Manhã* published earlier in the week shows that Portuguese are changing their opinions of police and the McCann family.

While the number believing Kate and Gerry McCann were involved in their daughter's disappearance has fallen slightly from 39.9 percent to 38.6 percent the past six months, those who say they are innocent has risen four percent to 30.7 percent.

The credibility of police investigating the case has nose-dived. Back in May, only 2.1 percent of respondents said police had acted badly, while 90.3 percent felt detectives were competent.

Ten months later, the number of Portuguese who believe police have done a good job has fallen to 60.4 percent, while those who say they have performed badly has risen to 16.7 percent.



Portugal plans to invest €12bn in energy sector by 2012

Portugal plans to invest 12 billion euros in its energy sector over the coming four years in projects including hydroelectric dams, wind farms, thermal plants and infrastructures, Economy Minister Manuel Pinho said this week.

After his address to the Washington International Renewable Energy Conference (WIREC), Pinho told reporters the success of Portugal's energy investment would depend on "correct incentives and a stable regulatory framework."

Pinho had told the renewable energy event, sponsored by the US government and attended by delegations from over 100 countries, that his country has a "history of success" in renewable energy projects.

Lisbon's energy chief said Portugal has two of the world's biggest solar power stations and also had the biggest increase in wind power, as a percentage of total generated power, among European states between 2005 and 2006.

Installed capacity from wind turbines across Portugal is now over 2,000 megawatts, he noted.

A pioneering wave farm is shortly due to begin operating in northern Portugal and Lisbon has ambitious plans to boost power generation from its dams by around 50 percent in five to seven years, said the minister.

Hydroelectric plants currently have an installed capacity of 4,800 megawatts, he added.

Portugal's target for bio-fuel use for road transport is ten percent by 2010, said the minister, adding that the "combination of wind and water", particularly pumped storage schemes, is Lisbon's No. 1 priority and these renewable energy sources rule out the need for a nuclear programme.

Pinho advised counterparts at the Washington conference to push forward as quickly as possible in the area of renewables, as this challenge is very likely equivalent to "a new industrial revolution."

TPN/Lusa

Road deaths down

According to latest official figures, the number of people killed in road related accidents has fallen by around 20 percent in the first two months of 2008, when compared with the same period in 2007.

Between January 1st and Feb-

ruary 29th, 104 people were killed on Portugal's roads in traffic accidents.

Last year during the same period the roads claimed 129 lives, a positive reduction of around 19.3 per cent, the National Road Safety Authority ANSR re-

vealed on their website.

The number of serious injuries has also dropped, falling from 399 on 2007 to 359 this year.

Up until a few weeks ago figures showed a positive drop in road accidents, but looked slightly less optimistic when taking into account last week's 17 fatalities.

There were also five per cent less serious injuries this year,

having fallen from 6,150 injured individuals last year to 5,802 this year.

Lisbon was the city where most road-fatalities occurred, followed by Oporto and Setúbal.

Bragança, Guarda, Vila Real, Portalegre and Castelo Branco were the localities where the fewest fatalities occurred.

Coca-Cola cans seized from supermarket shelves for being too cheap

Some Intermarché supermarkets have lost their stock of Coca-Cola after they were 'caught' selling cans at below cost. In a national operation all cans marked at the low price were confiscated by ASAE.

Intermarché, in a special campaign, were selling cans at 19 cents each, while their usual retail price is between 41 and 45 cents.

Coca-Cola director of external affairs Tiago Santos Lima told reporters this week: "Intermarché told us they were going to launch a Coca-Cola campaign at 19 cents a can, which is lower than the price they buy from Refrigereiros. We said we did not agree with that pricing policy, but nevertheless they decided to carry out the campaign."

João Magalhães, administrator of the group Os Mosqueteiros,

which controls the supermarket chain, retorts: "Intermarché reserves the right to practice its pricing policies and respect their commitment to their clients: selling at low prices".

In addition, Intermarché say they have always regulated their performance in the Portuguese market as a socially responsible company, respecting the laws of the country.

Tiago Santos Lima stated that cases similar to this send the wrong message to clients of Coca-Cola, making them think they are paying more for the product elsewhere than they should be.

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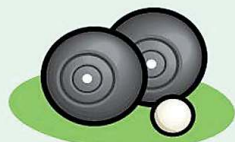
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